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CRACKDOWN DRAWS MORE PROTESTERS TO STREETS OF HONG KONG

OFFICIALS IN QUANDARY OVER USE OF FORCE PAGE 8

Sun Media says sorry for tirade toward the Trudeaus

Ezra Levant blasted for not being 'man enough to do it himself' PAGE 3

A's and Royals to pitch key trades against one another

Starting pitchers Jon Lester and James Shields to face off over ALDS spot PAGE 40

Punk rocker keeps mayoral candidates in line at debate

Plus, Doug Ford breaks with his brother over stance on arts funding PAGE 4

City can't afford promised transit schemes: Report

Lofty election pledges. T.O. can barely keep current transit in good repair, says think-tank

Help ain't coming

"It's unlikely that the provincial or federal governments will come to the rescue with the large infusions of cash that is needed."

Institute on Municipal Finance and Governance in the report

Transit should be the top concern for Toronto mayoral candidates, says a report by a University of Toronto think-tank.

The report points out that Toronto, under Mayor Rob Ford's leadership, has been filled with "dysfunction" and that "transportation planning, driven by political agendas rather than evidence, is in shambles."

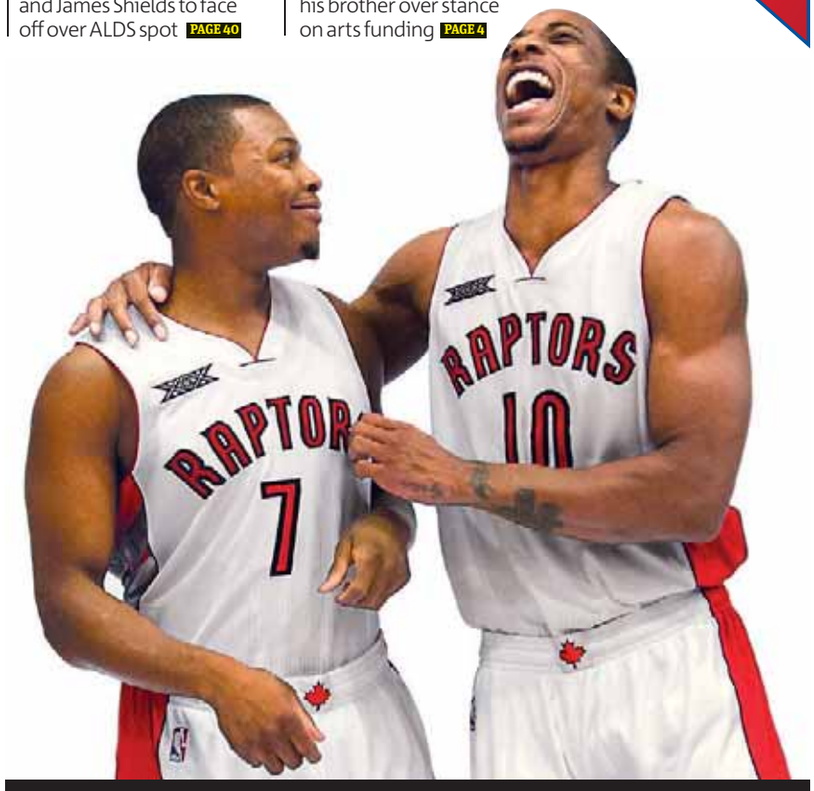
The Times They Are A-Changin' (Mostly) — the paper released Monday night by the Institute on Municipal Finance and Governance — profiles election campaigns in six cities: Hamilton, London, Mississauga, Ottawa, Toronto and Windsor.

The report analyzes economic, demographic and fiscal conditions in each city and the major challenges that candidates should be addressing. It takes into account fiscal measures such as property taxes, showing voters in Mississauga are paying about $3,240 annually — the highest of the six cities. In Toronto, property taxes average roughly $2,633 a year.

It says the focus many Toronto candidates have on large and sweeping transit lines "partly misses the big picture" because the city can barely manage to keep transit, sewers and housing in "a state of good repair."

"The city does not have the financial capacity to tackle its state-of-good-repair backlog, much less to fund major new investments to accommodate continued growth," the paper warns.

Olivia Chow is supporting increased busing, Doug Ford is calling for a Yonge relief line and Finch subway and John Tory is touting his SmartTrack rail plan. **TORSTAR NEWS SERVICE**



HIGH 'HOOPS' FOR 2015

Raptors stalwarts Kyle Lowry, left, and DeMar DeRozan ham it up while posing for photos at the team's media day at the ACC on Monday. The defending division champs have high expectations for the upcoming season. Story, page 39. DARREN CALABRESE/THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1
LEATHER LUNGS
The legendary Robert Plant is at Massey Hall Tuesday with his new band the Sensation Space Shifters, in support of the upcoming album Lullaby and ... the Ceaseless Roar.

2
WATER WORKS
Perrier has partnered with three international street artists on a limited-edition Street Art collection. Paris-based JonOne is at the launch event Tuesday at the Storys Building.

3
BYNES ON BAIL
Actor Amanda Bynes was arrested Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on $15,000 bail.

4
THIS IS ... PRICEY
A restaurant in the heart of London's swish Mayfair claims to have created the world's most expensive cocktail, in honour of singer Grace Jones, valued at more than $14,300.

5
BOYS KNOW BEST?
Iceland is hosting a UN conference on women and gender equality — and only boys are invited. It will be the first time the UN will gather only male leaders to discuss gender equality.

Sun Media apologizes to Trudeau for on-air rant

TV monologue. Commentator Ezra Levant blasted the Liberal leader and his parents over a wedding photo

No comment

A video of the rant — and a column repeating many of the same slurs against Trudeau — was still on Levant's blog as of late Monday. Levant did not reply to a request for comment.

Sun Media apologized on Monday for an on-air rant by its outspoken provocateur, Ezra Levant, about Justin Trudeau and the Liberal leader's famous parents.

The apology aired at the beginning of Levant's Sun News Network show. It was read by a narrator; Levant didn't deliver the mea culpa.

"It is the view of Sun News that this segment was in poor taste and should not have been aired," the apology's narrator intoned.

"We understand why many viewers found both the content and language of this segment to be offensive. We apologize to Mr. Trudeau, his family and to our viewers."

Levant's show then began.

The right-wing columnist and on-air personality has been in hot water for a Sept. 15 tirade over a photo of Trudeau kissing a Toronto-area bride on the cheek as her bridesmaids looked on.

In his monologue, Levant maligned Trudeau for the kiss, suggesting he'd forced himself on the wedding party. He also slurred Trudeau's mother, Margaret, and his late father, former prime minister Pierre Trudeau.

The bride and her father-in-law stated publicly that they asked Trudeau to pose for photos, and encouraged him to kiss the bride. They said Trudeau secured the groom's OK before planting the kiss.

As a result of Levant's comments, Trudeau said he would no longer speak to Sun Media reporters until there was an appropriate response from the chain, Canada's largest newspaper publisher.

The Liberals said they accepted the apology.

"We look forward to Sun News journalists resuming participation in Mr. Trudeau's press conferences," spokeswoman Kate Purchase said in an email.

The rant became the subject of social media disdain that showed no sign of abating following the apology, with online critics assailing Levant for not personally expressing regret for his comments.

"Not man enough to do it himself," read one tweet.

THE CANADIAN PRESS

((cc))
bridal party. In this monologue he detailed a number of controversies involving Justin Trudeau's parents and their marriage.
It is the view of Sun News that this segment was in poor taste and should not have been aired. We understand why many viewers found
SUN NEWS
SAMSUNG
An apology to Liberal Leader Justin Trudeau scrolls on TV prior to start of Sun Media commentator Ezra Levant's show Monday night. RICK MADONIK/TORSTAR NEWS SERVICE

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Debate less than a F-cked Up affair

ArtsVote Toronto. Candidates all support city funding for the arts in civil discussion moderated by singer of hardcore band

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Mayoral candidate Morgan Baskin smiles and looks toward Doug Ford during Monday's debate. The candidates, including, from left, Ari Goldkind, Olivia Chow and John Tory, all supported arts funding. TARA WALTON/TORSTAR NEWS SERVICE

The ArtsVote Toronto debate was a peaceful affair.

"I want to commend all of you on how civil you're being," moderator Damian Abraham, lead singer of the punk band F-cked Up, told the candidates midway through the debate at the TIFF Bell Lightbox Monday. "They prepared me for the worst. I was going to bring a helmet."

Abraham issued a warning before the debate began that he would not tolerate racism, homophobia or misogyny, perhaps because at a community mayoral debate last week, audience members shouted bigoted comments.

He strictly enforced the debate rules and didn't shy away from cutting off the candidates who veered from the evening's topic, the arts. He explained he was instructed to keep to the script. "If it was up to me there would be lots more swearing today, no shirt," he said.

The candidates, Doug Ford, John Tory, Olivia Chow, Morgan Baskin and Ari Goldkind, all support city funding for the arts and spoke passionately about the important role the arts plays in Toronto.

It was a major contrast from 2010, when Rob Ford earned the ire of his opposing candidates and the crowd by saying he didn't support city funding for the arts: "We're $300 million behind in road repairs. Don't you think it's more important to have safe streets and roads fixed before funding stuff we can't even afford?"

ArtsVote grades mayoral and city council candidates and will release its 2014 results soon. Last time, Rob Ford got a D.

Doug Ford took a different position, and argued that funding for the arts was beneficial for the city's economy. He repeatedly mentioned last year's council trip to Austin and promised to bring a world-class music festival to Toronto. After Baskin was cheered for pointing out that Toronto already has world-class music festivals, Ford was booed for suggesting to her that Austin's festivals are better.

Tory advocated bringing artists on trade missions, giving landlords incentives for letting artists use untenanted properties and supporting the city's touring arts groups.

Chow spoke about her own ties to the arts — as a former working artist and a former member of the Art Gallery of Ontario board — and her support for creating a Toronto city music office.

WITH FILES FROM TORSTAR NEWS SERVICE

Candidates on transformative experiences

O.Noir, AGO get shout-outs

The candidates were each asked to tell the audience about the most transformative art experience they have ever had.

Ari Goldkind: "O.Noir.… It's a restaurant where you're in the pitch-black dark. When I say pitch-black dark, you can't even see your hand in front of you. It may be a dining experience; to me there was something very artful."

Olivia Chow: "AGO exhibition recently, Ai Weiwei. On the wall, all the names of the children that died because of the earthquake, partially because the schools were not built properly. Reading those names is just phenomenal because art is politics and politics is art."

John Tory: "I could name a number, but I'm amazed every time I go to see a one-person play.… But I will say … Nuit Blanche. Partly because it's at night, partially because of the incredible diversity of what's going on. Some of it quite offbeat. It's so interesting."

Morgan Baskin: "I went to a photocopier dance party at Nuit Blanche. There's something to be said for interactive art. Having a dance party with the amazing people that live in this city, to the light of photocopiers."

Doug Ford: "I have to go back to when we funded the first murals in Rexdale. That was a big thing. Rexdale's been around 100 years and there was no murals on any of the walls. So we're going to make sure we have any blank wall decorated, painted."

Online voting

In Ajax election, hold the paper

The Town of Ajax this year will be the first municipality in the GTA to run a completely paperless election — exchanging the traditional paper-based voting method for the convenience of voting online, any time and anywhere.

Across the province, 97 municipalities plan to use online voting this year.

TORSTAR NEWS SERVICE

New ridings

15 more MPPs for Queen's Park

The Ontario legislature looks set to expand from 107 members to 122 after the 2018 provincial election. That's thanks to new ridings expected to be carved out in Toronto, Brampton, Mississauga, Vaughan, Markham, Barrie, Kitchener and Ottawa, according to Premier Kathleen Wynne in "mandate letters" to cabinet ministers. TORSTAR NEWS SERVICE

Food program donations

Tax credit for farmers who give

Ontario has announced a new tax credit for farmers who donate their products to community food programs, including food banks and student nutrition programs.

The food donation tax credit for farmers will be valued at 25 per cent of the fair market value of the products they donate, the Liberal government said Monday.

THE CANADIAN PRESS

T.O.'s appetite for fancy food retailers growing

Costly comestibles. New Pusateri's, Whole Foods openings signal traction for 'luxury' food stores

Two days after it opened in North York, the newest Whole Foods Market in the GTA was packed at lunch, with office and construction workers lined up for fresh-baked pizza, made-to-order sandwiches and custom stir-fry meals.

Despite a reputation for being pricey, Whole Foods Market stores are popping up with increasing frequency, in Canada and in the U.S.

"We're actually growing faster than we ever have before," said Michael Bashaw, Whole Foods Market regional president.

The new store at Yonge and Sheppard brings the number of Whole Foods stores in Ontario to five, with another opening in Ottawa in November and one in Leaside in June, a signal that premium — some call it luxury — food retailing is gaining traction in the GTA and across Canada.

It's not just Whole Foods. Pusateri's Fine Foods recently signed a deal with RioCan to open in Oakville Place in 2015. It is the premium food store's fourth GTA location since it was founded in the 1960s.

"What we're finding is, it's not just the elite of the city, it's the educated customer that is coming to us pretty much every day," said Frank Luchetta, president, Pusateri's Fine Foods.

Whole Foods and Pusateri's don't — publicly at least — admit to being rivals.

"Pusateri's does a fabulous job. Their store on Avenue Rd. is a little miracle," said Bashaw.

Pusateri's position is that Whole Foods openings create a halo effect, lifting the entire category.

Although there is some overlap, they are targeting different markets. Whole Foods is focused on fresh, organic and ethically produced products; Pusateri's bills itself as a gourmet food emporium, selling the finest, freshest foods.

TORSTAR NEWS SERVICE

Damien Bowmen tidies up the produce department in the new Whole Foods store at Yonge and Sheppard. KEITH BEATY/TORSTAR NEWS SERVICE

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Spotify officially launches north of the border

While the company has been seeding prelaunch invites with music fans and technology enthusiasts for the past few months, Spotify official enters the Canadian market on Tuesday.

Considered the global leader in music streaming with over 10 million subscribers in 58 countries, the company enters a market where competitors like Rdio and Deezer have been for years. That said, the company should benefit from curiosity and the pent-up demand for a product that has long been available around the world.

"We spent a lot of time studying the market in Canada, and we know that Canada in terms of a music market is one of the most vibrant in the world, so we were really keen to treat this as not just another launch," said Ken Parks, chief content and managing director, Spotify, in an interview last week. "We're going to be launching with the most comprehensive Canadian music catalogue in the world."

Parks cites deals with smaller local labels like Arts & Craft, Dine Alone, Nettwerk and several French-Canadian labels to appeal to the Francophone market. Signing those deals is one of the reasons that he says has delayed the launch here.

With illegal downloading and free competitors out there, Spotify, which also has a free, ad-supported version, charges $10 for its premium subscription product, like many of its competitors.

TORSTAR NEWS SERVICE

Dollars and 0.6 cents

Music streaming still faces criticism for the relatively small payout that artists get from services on its site, the company said for a single play of a track it pays between $0.006 and $0.0084.

- Ken Parks, chief content and managing director, combats the negative publicity by saying that Spotify has paid over $1 billion to artists, and reportedly 70 per cent of its total revenues go to royalty payments.

Infection risk: Expert warns against use of multi-dose vials

Health. Practice of giving more than one dose from a larger bottle may have played role in hepatitis C outbreak

Vials of injectable medication meant for more than one patient pose an infection risk and should no longer be used, says a leading Ontario infection-control expert.

"Don't get me started on multi-dose vials. We should not be using multi-dose vials in this day and age," said Dr. Allison McGeer, director of infectious disease control at Mount Sinai Hospital.

Multi-dose vials are small glass or plastic bottles that contain more than one dose of liquid medication. They are used in conjunction with needles and syringes.

Torstar News Service reported on Saturday that 11 patients contracted hepatitis C during separate outbreaks at three Toronto colonoscopy clinics between 2011 and 2013.

Quoted

"You walk into any endoscopy unit or any pain clinic ... where people use intravenous medication, and there will be deficiencies with multi-dose vials. I guarantee it."

Dr. Allison McGeer, Mount Sinai Hospital

Toronto Public Health said it is "possible" that use of multi-dose vials was the cause.

A vial can become contaminated if the same syringe or needle is used for multiple patients. Sometimes clinicians have been known to leave needles sitting in the stoppers of vials and to attach new syringes to them.

The problem of health-care professionals inadvertently spreading infection has been underestimated, McGeer said.

"I think that it is only recently that we've started taking seriously the possibility that medical procedures are a potential risk for hepatitis, so most physicians, nurses, etc. think it doesn't happen. But in truth, this has been happening on an ongoing basis. We need to be doing better to prevent it," she warned.

According to TPH, three patients were infected with hepatitis C at the Downsview Endoscopy Clinic in 2011, three at the North Scarborough Endoscopy Clinic in 2012 and five at the Ontario Endoscopy Clinic in 2013.

Other places around the world have experienced outbreaks related to multi-use vials.

But Dr. Gary Garber, medical director of infection prevention and control for Public Health Ontario, defended the use of the vials.

"Multi-dose vials can be used safely if the appropriate procedures are used," he said, explaining, for example, that clinicians should wash their hands and never re-enter a vial with a used needle.

Dr. Allison McGeer, director of infectious disease control at Mount Sinai Hospital, says the problem of health-care professionals inadvertently spreading infection has been underestimated. VINCE TALOTTA/TORSTAR NEWS SERVICE

"If you want to look at the number of injections that go on every day in any given hospital or in any given city or health department, and then you look at the occasional infection that has happened, it is minuscule," Garber said. TORSTAR NEWS SERVICE

Friends mourn rising civic leader after stabbing

Nahom Berhane CONTRIBUTED

As usual, Nahom Tsehaie Berhane had a packed schedule last Friday.

He began the day by co-ordinating a weekly community lunch, before making his way over to a neighbourhood barbecue in the afternoon, and finally a networking event for young leaders in the evening.

Later, the 34-year-old father of two teenage daughters was walking with friends along Danforth near Greenwood, where he was fatally stabbed around 3 a.m. Saturday.

Police allege Berhane was stabbed following an altercation with another man, who fled when confronted by Berhane's friends. Osama Abdulaziz Filli, 23, has been charged with second-degree murder.

With that brutal act, as a friend and colleague put it, the city lost "an important part of its civic leadership."

"When you hear about the next generation of leaders in this city, he was one of them," said Amanuel Melles, president of the Eritrean Canadian Community Centre and the Couchiching Institute on Public Affairs, where Berhane would regularly help out with conferences.

His sister, Arsema, emphasized that her brother's reach went far beyond the Eritrean community, saying the story of his death should be about not just one community, but rather a whole city, in mourning.

"It's a life lost senselessly; it's a young person who had so much to offer, who had big dreams and an even bigger heart," she said.

TORSTAR NEWS SERVICE

University graduate

Born in Eritrea, Berhane came to Canada at 10 via Sudan, and grew up in the east end with an older brother and two younger sisters. He graduated in 2005 from the University of Windsor with majors in communications and sociology.

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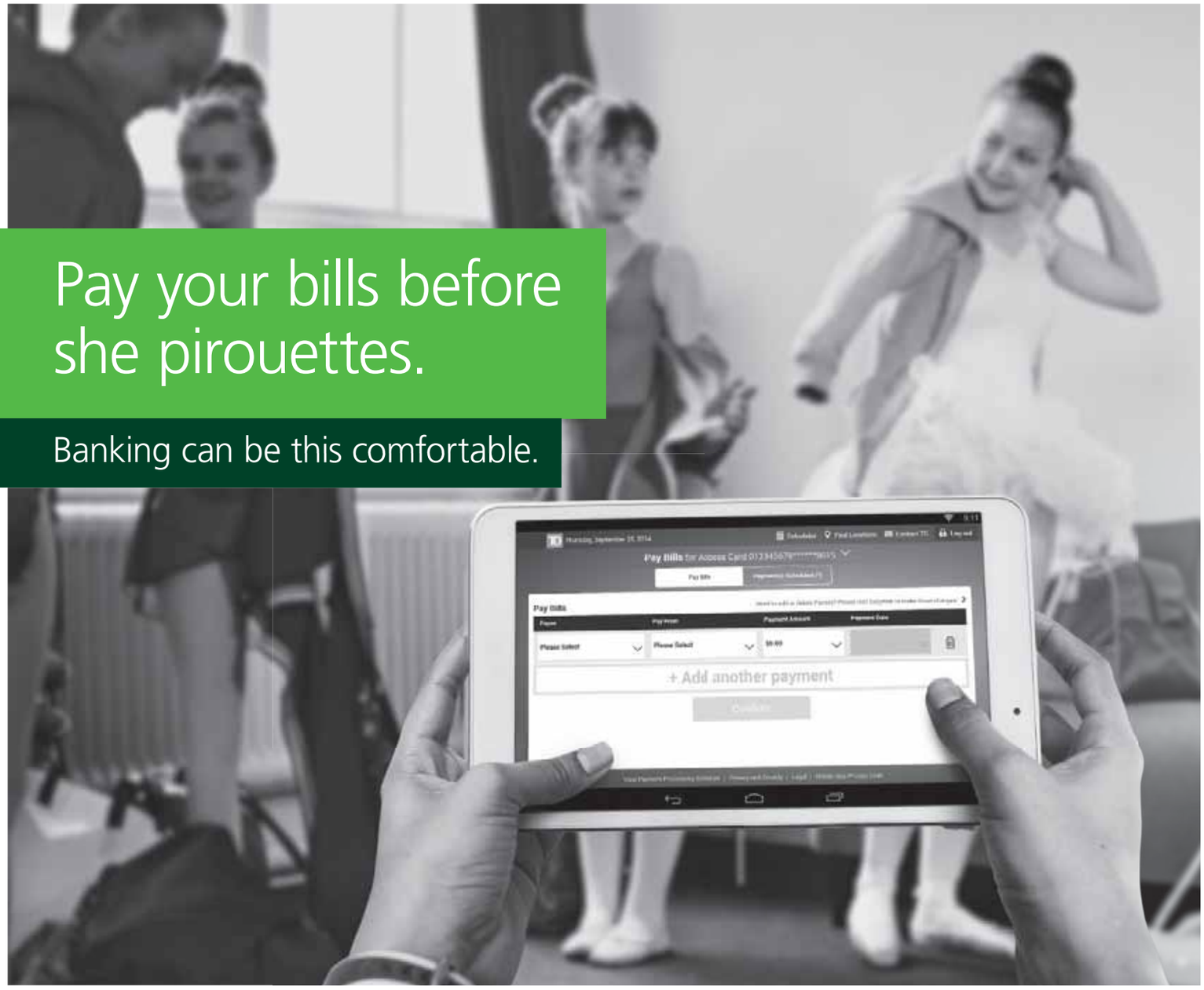

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Hong Kong police soften tactics against pro-democracy protests

87 rounds of tear gas. Forceful attempts to disperse demonstrators Sunday drew tens of thousands more into the streets

Hong Kong's embattled police defended their use of tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

"The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off to join the protests after becoming angered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

Signalling it doesn't expect a quick end to the demonstrations, the government said it was cancelling a fireworks display planned for Wednesday's celebration of National Day. During that holiday and a traditional holiday on Thursday, still larger crowds could flood the streets.

Student protesters connect electric extension cords to charge their phones during a sit-in protest in Hong Kong, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

Police said they used 87 rounds of tear gas Sunday in what they called a necessary but restrained response to protesters pushing through cordons and barricades. They said 41 people were injured, including 12 police officers.

THE ASSOCIATED PRESS

Political dilemma

Beijing can't crack down too harshly

Pro-democracy protests in Hong Kong have handed China's Communist leadership a thorny political dilemma. Beijing cannot crack down too harshly on the semi-autonomous territory where a freewheeling media ensures global visibility, but it is determined to end the demonstrations quickly so as not to embolden dissidents, separatists and anti-government protesters elsewhere in China. It has blocked most news and images of the protests from being published on the mainland.

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Northern Ireland. EU flag mistaken for Islamic terrorist group's banner

It's often said the European Union has an image problem. In Belfast, it seems, the EU flag can be mistaken for an emblem of terror.

Northern Ireland police say they were called Sunday to golfer Rory McIlroy's hometown of Holywood near Belfast after locals reported seeing a house flying the flag of an Islamic terrorist group.

The homeowner explained it was actually the emblem of the 28-nation EU, and he was flying the blue flag with gold stars to celebrate Europe's Ryder Cup victory over the United States. The man declined to be identified because of fears that Belfast's home-grown extremists might attack his house.

The European Union flag
COURTESY WIKIPEDIA

The flying of rival Irish, British and paramilitary flags frequently raises tensions in Belfast.

THE ASSOCIATED PRESS

Radicalization of youth

Parents get help to identify kids at risk

Islamic groups across Canada have issued a 37-page booklet aimed at helping parents recognize when their kids are at risk of being radicalized.

Manitoba Justice Minister Andrew Swan says the strategy is similar to efforts to combat the recruitment of young people by gangs.

THE CANADIAN PRESS

Weird weather linked to climate change: Studies

What are the odds?

Better computer models help scientists see how man-made global warming influences the weather

Scientists looking at 16 cases of wild weather around the world last year see the fingerprints of man-made global warming on more than half of them. Researchers found that climate change increased the odds of nine extremes: heat waves in Australia, Europe, China, Japan and Korea; intense rain in parts of the United States and India; and severe droughts in California and New Zealand.

However, scientists could not find a global warming link to an early South Dakota blizzard, freak storms in Germany, heavy rain in Colorado, southern and central Europe, and a cold British spring.

Organized by the U.S. National Oceanic and Atmospheric Administration, researchers on Monday published 22 studies on 2013 climate extremes in a special edition of the Bulletin of the American Meteorological Society.

"It's not ever a single factor that is responsible for the extremes that we see," said NOAA National Climatic Data Center director Tom Karl said.

For years, scientists said they could not attribute single weather events — like a drought, heat wave or storm — to man-made global warming. But with better computer models and new research, in some cases scientists can see how the odds of events increase (or not) because of climate change. Other researchers question the usefulness and accuracy of focusing on single extreme events.

THE ASSOCIATED PRESS

A rickshaw puller shelters from a heavy downpour in Allahabad, India, in September last year. Scientists looking at wild weather around the world last year found that climate change increased the odds of extreme weather, including intense rain in parts of the U.S. and India. THE ASSOCIATED PRESS FILE

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A model holds the Nexplanon birth control hormonal implant. Sexually active teen girls are encouraged to use IUDs or hormonal implants, birth control methods the American Academy of Pediatrics says are more effective than pills or condoms. MERCK, FILE/THE ASSOCIATED PRESS

Long-acting birth control better for teens: Doctors

Superior success rate. IUDs and hormonal implants are near 100 per cent effective, U.S. pediatrics group says

Teen girls who have sex should use Intrauterine devices (IUDs) or hormonal implants — long-acting birth-control methods that are effective, safe and easy to use, a leading American pediatricians group said.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-size plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted diseases that other forms of birth control don't provide. While condoms are the most common birth control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent effective — than birth control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long run compared to over-the-counter birth control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years.

"All methods of hormonal birth control are safer than pregnancy," Ott said.

The revised policy also addresses how excess body weight impacts the effectiveness of birth control.

THE ASSOCIATED PRESS

Fewer jobs, no kids. Low birth rates associated with recession, study finds

During recessions women have fewer babies according to new research. A new study suggests that some women living in the U.S. through an economic downturn are less likely to have kids.

Past studies have generally shown women cut back on having babies when unemployment rises. In tough times many couples feel they can't afford to start or add to a family, therefore births decline.

The report says about 151,000 women who were in their early 20s during the 2008 recession will likely forgo having children, roughly 427,000 fewer births.

Researchers used birth records and census data to track the reproductive histories up to age 40 for every woman born in the U.S. from 1961 to 1970. That's about 18 million people. THE ASSOCIATED PRESS

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Health

Medical body-scan company attracting Canadians to U.S.

A U.S. company that's been scanning the internal organs of Canadians for years says it attracts cross-border clients with the pitch it can detect hidden health risks before it's too late.

"A BODY SCAN Can Save Your Life!" reads the bold headline on Canadian newspaper advertisements for Ultra Life Inc., a firm offering bargain-basement ultrasound screenings.

The company's owner says the ads have been drawing Canadians to temporary clinics in U.S. border towns for at least a decade.

Some physicians recommend a cautious approach to unprescribed ultrasounds because results can be wrong, such as identifying a medical problem that doesn't exist.

THE CANADIAN PRESS

Alberta

Man faces charges after son fires rifle left on vehicle's seat

A man from northwestern Alberta is facing weapons-related charges after a six-year-old child fired a rifle that was left in a vehicle.

RCMP in Fox Creek say three children were left alone by their parents while the couple went into a house on Saturday afternoon.

Police say the rifle was on the passenger seat and the eldest child fired it out the driver's-side door.

No one was hurt.

A 37-year-old man faces five charges that include unsafe storage of firearms, possession of a restricted firearm and child endangerment.

He is to make his first court appearance on Nov. 24 in Fox Creek provincial court.

Police say they not naming the accused as that could identify the children involved. THE CANADIAN PRESS

United Kingdom

Twitter troll gets 18 weeks for bullying lawmaker

A judge has sentenced a 33-year-old man to 18 weeks in prison for sending menacing messages to a lawmaker who had supported a campaign to place author Jane Austen on a British banknote.

District Judge Elizabeth Roscoe found Peter Nunn of Bristol guilty of sending indecent, obscene or menacing messages for retweeting Twitter posts that threatened rape and murder.

The case grew out of the successful Austen campaign. The campaign prompted abuse on Twitter from trolls — online bullies who send abusive messages.

Lawmaker Stella Creasy was targeted for supporting the campaign championed by feminist Caroline Criado-Perez, who also was targeted by trolls. THE CANADIAN PRESS

Magnotta's lawyer tells jury his client not criminally responsible

Jun Lin murder case. Accused in notorious 2012 slaying suffers from schizophrenia, court hears on first day of trial in Montreal

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and six men who will hear the evidence.

His comments capped a stunning morning in the courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Cournoyer then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Leclair took the unusual step of addressing the jurors before the Crown had presented the outline of its entire case. He said he wanted to ensure the jury didn't think it was simply "wasting its time."

The lawyer said a large number of medical files will be presented and he hopes that Magnotta's relatives will testify as well.

Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months.

He said the reporter and his media organization received an email in December 2011 that shows Magnotta was intending to kill a human and film the event.

"This email makes it clear that Mr. Magnotta was planning to kill a human being and that he was going to make a movie," Bouthillier told the jurors.

He also said they will see Lin's last moments alive, images that were captured by a surveillance video at a Montreal apartment.

THE CANADIAN PRESS

Diran Lin, father of victim Jun Lin, walks to the courtroom for the murder trial of Luka Rocco Magnotta in Montreal on Monday. Magnotta is charged with the death and dismemberment of student Jun Lin, but his lawyer said Monday that his client is schizophrenic and not criminally responsible. RYAN REMIORZ/THE CANADIAN PRESS

Building made famous in Corner Gas burns down

A building in Rouleau, Sask., made famous by the hit TV series Corner Gas burned to the ground Sunday night. JOAN CLARKE/THE CANADIAN PRESS

A building made famous by the hit television series Corner Gas, about small-town Saskatchewan life, burned to the ground on Sunday night.

Grant Clarke, mayor of the small town of Rouleau, Sask., where the former CTV comedy was filmed, said hundreds of people watched as flames engulfed the building.

The structure was used as the local supermarket Foo Mart in the show that featured the fictional town of Dog River. It had become home to a business manufacturing orthopedics.

Tweeted

"Ok so apparently the building that played the old Foo Mart on Corner Gas has burned down in Rouleau, SK. Hope no one was hurt."

Actor Brent Butt, creator and star of Corner Gas, in a post on Twitter

Clarke said the fire was reported around 5 p.m. as 180 people attended an anniversary party at the nearby town hall.

"Someone came in and said there's smoke coming out of the adjoining business," said Clarke.

The fire had grown quickly by the time emergency crews arrived.

"By that time, there was too much smoke and heat. Really they weren't able to get into the building."

Police said no one was hurt and no other buildings were damaged.

Clarke said the flames were out by about 9 p.m., but fire crews worked overnight to put out hot spots.

"When the fire alarm went, they ran down as well," said Clarke, who added that his first reaction was one of disbelief.

Clarke said crews were waiting Monday for the fire marshal to arrive before they started the cleanup.

"The building is completely gone," he said.

THE CANADIAN PRESS

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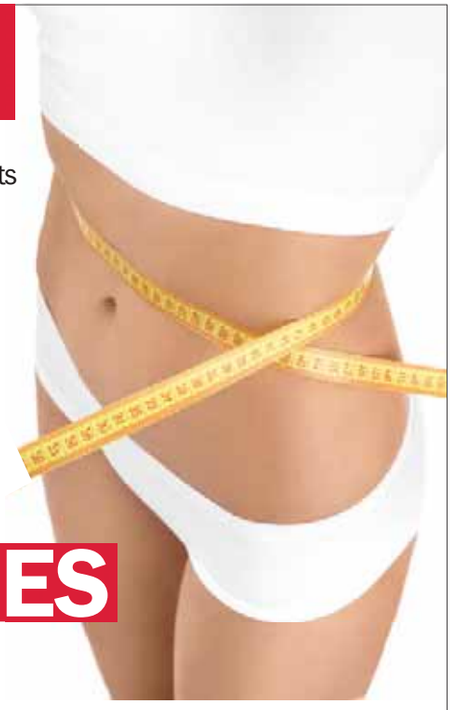

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1- Green tea extract reduces body fat in humans. Nagao, Hase and Tokimitsu, Obesity, 2007,

In this Sept. 26 photo, artist Adam Mysock installs his artwork, titled Looking Down The Barrel of a Gun (The Last Judgement), for the upcoming exhibit Guns in the Hands of Artists, at the Jonathan Ferrara Gallery in New Orleans. GERALD HERBERT/THE ASSOCIATED PRESS

Artists take aim at U.S. gun violence

Deadly city. Exhibit opening Oct. 4 in New Orleans

The wall of a downtown New Orleans art gallery has been riddled with bullet holes.

It's not another act of brazen gun violence but rather a thought-provoking work of art. In each hole is a bullet casing, its back painted with the tiny portrait of a child under the age of six killed in New Orleans gunfire.

The persistence of urban gun violence has inspired more than 30 artists from across the United States to contribute to the exhibit, Guns in the Hands of Artists.

The artists took the stocks, barrels, cylinders and other parts of dismantled guns slated to be destroyed through a city buyback program and transformed them into art.

The exhibit is opening Oct. 4 at the Jonathan Ferrara Gallery in New Orleans, for decades one of America's deadliest cities.

Although murder rates are down from recent years, shootings persist. A pizza delivery driver was recently shot to death during a delivery. Over the summer, a drive-by shooting left two people dead and several others injured, including a woman and her two young children. Another shooting killed a woman on the city's famous Bourbon Street.

New Orleans artist Sidonie Villere said she feels a mix of fear and anger for her hometown. She soaked five gun cylinders in hydrogen peroxide, salt and vinegar, to make them corrode — a representation of what she calls an "emotional corrosion" surrounding guns.

THE ASSOCIATED PRESS

Virginia

'Significant break' in student's death

The investigation into the case of a missing student has provided a "significant break" in the unsolved 2009 death of another young woman who disappeared from the University of Virginia campus, state police said Monday.

The announcement of the new lead in Morgan Harrington's case came as authorities continue to search for British-born Hannah Graham, 18, who disappeared Sept. 13.

THE ASSOCIATED PRESS

Miami. Cops ask why underage people were at club following shooting

Miami police are investigating why so many underage people were present at a nightclub during a pre-dawn shooting as they interview dozens of witnesses to the weekend chaos that left 15 people wounded.

Among those hit by gunfire early Sunday morning at The Spot were five girls ranging in age from 11 to 17, Miami Fire Rescue Capt. Ignatius Carroll said.

"What was very surprising to the responders was that these were kids that were out at 1 o'clock in the morning in a club and this type of violence took place where a bunch of kids were gathering," Carroll said. "It's very disturbing to see that."

The shooting sent terrified patrons scrambling into the street. When Miami police and rescue crews arrived at the club around 1 a.m., they found wounded people inside and outside the club, some too hurt to flee, Carroll said.

THE ASSOCIATED PRESS

Man frees hostage at Brazil hotel

Brasilia. Live TV images showed the man with what appeared to be a gun

A Brazilian hotel was evacuated in the capital of Brasilia on Monday after a man took hostage an employee who was held for hours before he was safely released to police.

Firefighters and police cordoned off the area and about 300 guests and other employees left the hotel — some were reportedly told to leave by the man who took the employee hostage.

Live television images on Monday showed the man with what appeared to be a gun, parading the hostage out onto the balcony of a room on the 13th floor of the Saint Peter Hotel.

The hostage was handcuffed for hours and wearing what appeared to be an explosive vest.

Seven hours afterward, the man and hostage were seen raising their arms in the air, handcuffed one to the other in what appeared to be a sign of surrender, and the hotel employee was no longer wearing the vest.

Globo News channel said the man turned himself over to police.

An unidentified man holding what appears to be a gun, parades a handcuffed hostage wearing what appears to be an explosive vest.
THE ASSOCIATED PRESS

Quoted

"He was always threatening to explode something. The threat was constant."

Police spokesman Paulo Henrique Almeida

Authorities identified the man as Jac Souza de Santos, from the northern state of Tocantins and had been staying at the hotel since Saturday.

The spokesman for the investigative police in the Federal District, Paulo Henrique Almeida, said the man had planned the attack in the previous days but was not clear on his demands.

"He was always threatening to explode something. The threat was constant," Almeida said.

The spokesman said the weapon was a toy gun, but authorities are still trying to determine if the vest held actual explosives.
THE ASSOCIATED PRESS

New York transit

Ads depicting journalist's beheading pulled

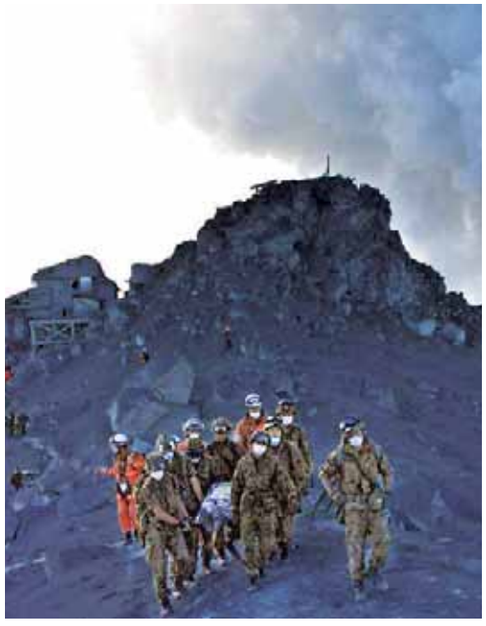
A group running a series of anti-Islamic ads in New York City's transit system is pulling an ad that shows James Foley with the masked militant who killed him.

They are being yanked after criticism from the American journalist's family. THE ASSOCIATED PRESS

South Africa

Alleged rhino poachers in court

A pilot, a lawyer, a police officer and other South African members of an alleged poaching ring accused of killing two dozen rhinos over several years appeared Monday in a court in Pretoria, South Africa's capital. A judge ordered the group's alleged ringleader, Hugo Ras, and several other suspects to remain in custody until a bail hearing on Oct. 8. THE ASSOCIATED PRESS



Rescue work halted in Japan

Japan Ground Self-Defense Force personnel and firefighters carry a person who was injured in the eruption of Mount Ontake on a stretcher from the peak area of the volcanic mountain in central Japan on Sunday. Five more bodies have been found near the summit of the Japanese volcano, bringing the total presumed dead to dozens. Toxic gases and ash from the still-erupting mountain have forced rescue workers to halt efforts to recover the victims.
EMILY WANG/THE ASSOCIATED PRESS

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40	$12	$10	$12	$10	$23	$18
45	$16	$12	$19	$13	$33	$22
50	$16	$13	$29	$20	$52	$36
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Competition Bureau.
A fourth national wireless carrier would mean lower prices, says a senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regulator.

The Competition Bureau called for new wireless regulations as the Canadian Radio-television and Telecommunications Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held, the CRTC began public discussions Monday over the health of the backbone of Canada's retail mobile services sector: The wholesale wireless market.

The bureau told the regulator it needs to act to prevent the big three wireless carriers — Bell, Rogers and Telus — from stifling any new competition.

"An additional nationwide carrier would increase choice, expand mobile wireless penetration in Canada ... and drive down the incumbents' average retail prices by about two per cent," the bureau's senior economist told the hearings.

THE CANADIAN PRESS

Market Minute

DOLLAR 89.66¢ (+0.01¢)

TSX 14,976.92 (-49.85)

OIL $94.57 US (+$1.03)

GOLD $1,218.80 US (+$3.40)

Natural gas: $4.14 US (+$0.11)
Dow Jones: 17,071.22 (-41.93)

'Tis the season to shop?

Macy's is boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across America to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain said Monday that the growth is being fuelled by its expanding online business.

THE ASSOCIATED PRESS

Holt Renfrew

The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men in downtown Toronto on Wednesday.

THE CANADIAN PRESS

metro

HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with The Lakeview Restaurant. From **Sept. 15 to Oct. 20** choose your favourite burger based on each of the mayoral candidates and share your photo on instagram using #mayorthisburger.

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CHALLENGES

Navigating the next steps of your career

As you set about identifying new career opportunities, here are a few thoughts on three important factors for you to consider – baby boomers, the economy, and you.

Generational impact

The baby boomers (born 1945-1960) are the largest, oldest generation in the work force. As they retire, prestigious, high paying, leadership positions will be vacated. The boomers are also wealthy — having the time, money, and numbers to ensure their interests are met. Expect to see career opportunities related to lifestyle and wealth management prosper. As the baby boomers age, careers related to health care will also be more in demand, for example: nurses, personal care workers, lab technicians, as well as physical and vocational therapists.

Economics: local and global

Next, consider the economic sectors that do well in Canada. We are world leaders in banking, insurance, and financial services, with established corporations that are strong and competitive. Opportunities will continue to grow here. We operate within a global economy and it has impact too, posing great risk for those whose job can be done remotely — but great reward for those whose work must be done on site or in-person. Skilled tradespeople will benefit — if you are building a house in Oakville, you require a carpenter in Oakville. Those who work in health care, hospitality, tourism, and transportation also stand to gain. The creative or knowledge-based worker adds value and creates wealth where there was none before. They are artists, analysts, entrepreneurs, researchers, engineers, and designers. Canada's vibrant information and communications technology sector is built on the innovation and energy of these people.

Staying employable

The third factor that you need to consider is you. It has been said, "to be employed is to be at risk. To be employable is to be secure." Being employed entails risk because you have something you might lose — a job. But by being employable, and keeping yourself there, you have the best insurance going. Keep your skills current, build your network, and do your research. If the unthinkable happens and you find yourself out of a job, it won't matter — because you'll be ready for the next opportunity.

PAUL SMITH, EXECUTIVE DIRECTOR CANADIAN ASSOCIATION OF CAREER EDUCATORS AND EMPLOYERS
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The challenges faced by newcomers to Canada who are looking for employment

The challenges faced by newcomers are multi-faceted. From getting foreign credentials assessed to learning and understanding the language, culture and workplace communication styles, newcomers have a lot to take onboard to make themselves marketable in the Canadian marketplace.

Understanding the marketplace

"It's important for newcomers to understand what their resume should look like, what language they should use to describe themselves, and what defines good interview behaviours," explains Sadia Khan, Project Manager at the Consortium of Agencies Serving Internationally-trained Persons (CASIP). "A person may have the experience and education to excel in a job, but if they're not able to present themselves in a way that's credible to an employer, they're not going to get that opportunity."

Prepare to succeed

Newcomers to Canada are advised to begin the process of preparation before they arrive in the country. This conscientious planning gives new immigrants the best possible chance of finding employment in their industry, within the shortest possible timeframe.

"The longer it takes you to find a job in your profession, the less likely it is that you'll be able to work in your profession," explains Mario Calla, Executive Director at COSTI Immigrant Services, a founding member of CASIP. "Employers may start to think that something may be wrong with your skill set if you haven't worked in your specialized industry for a sustained period of time."

Being educated on the Canadian job market and culture before landing in the country gives newcomers a distinct advantage in finding a job in their desired industry. "It means that when they arrive they already have a lot of things sorted out," Calla says. "They can connect with the relevant agencies and get right into their job search process."

JOE ROSENGARTEN
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EDITOR'S PICK

PAGE 10
Are you an entrepeneur?

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EMPLOYING ONTARIO
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INSIGHT

Post-secondary education in northern Ontario

A postsecondary education continues to be one of the best investments an individual can make in their future. It's also an investment in Ontario's future. People who learn the right skills can get high-paying jobs and actively contribute to our 21st century, knowledge-based economy.

I'm excited to have the opportunity to lead the Ministry of Training, Colleges and Universities because this government has always believed that all Ontarians should have the opportunity to benefit from postsecondary education and training — no matter where they live. That's why, despite challenging economic times, we continue to build on our record investments in Ontario's postsecondary system, especially in northern Ontario.

In fact, since 2002-2003, we've increased operating grants to northern and rural colleges and universities by 74 percent, funding that helped support more than 35,900 spaces at northern colleges and universities in 2013-2014. And our government provides additional funding to northern and rural postsecondary institutions, beyond regular operating grants, because we know that these institutions often face additional costs.

Boosting our economy

These investments help keep talented young people in the region and boost the local economy.

> "These investments help keep talented young people in the region and boost the local economy."

Grants like our Ontario Distance Grants, which provide funding of up to $500 per term for travel and commuting costs, provide students in northern Ontario with additional support for expenses related to their postsecondary education and training.

Our government is investing in infrastructure for the Ring of Fire and preparing people for jobs in the area with innovative, first-of-its-kind skills training projects like the Aboriginal Skills Advancement Program. We're providing nearly $3 million for this program and working with the Matawa First Nations and Kiikenomaga Kikenjigewen Employment and Training Services, or KKETS, in Thunder Bay. That means that more than 100 Aboriginal learners will have the opportunity to access postsecondary education and training programs and build the skills they need to enter the local labour market.

KKETS is also partnering with regional colleges to provide programs that help prepare Aboriginal learners for jobs in the growing mining sector and other supportive industries. These are the kinds of creative programs and partnerships that can really make a difference in people's lives.

I look forward to visiting the wonderful institutions and training centres in northern Ontario that continue to build the region's reputation for excellence in postsecondary education and training. Everyone in the province should have equal access to world-class opportunities, and we will continue to support innovative programs that ensure this continues to be the case in northern Ontario.

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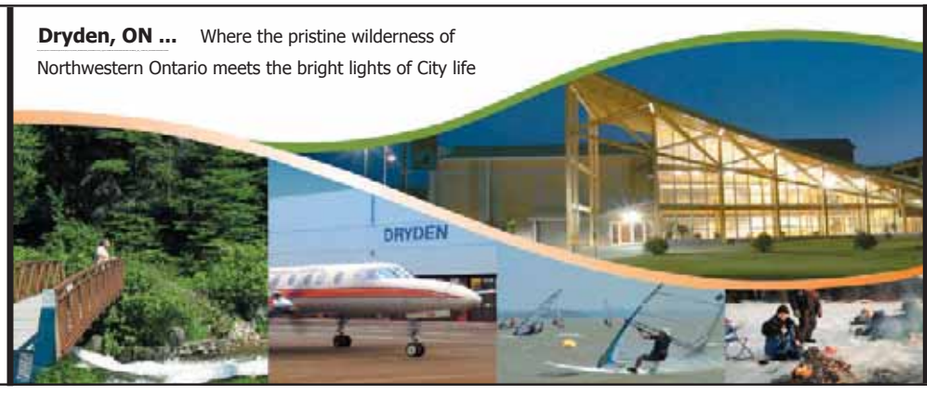

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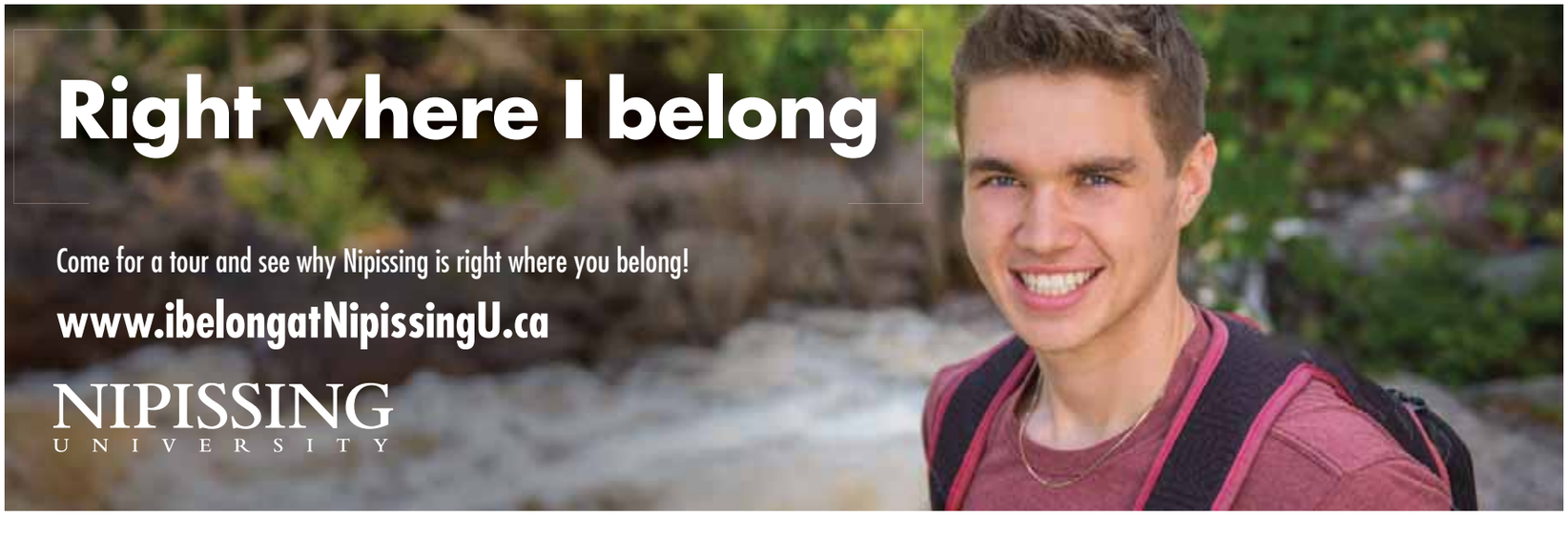
The Dryden Observer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INSIGHT

Explore careers in the financial services sector

Whether your degree or diploma is in business, the liberal arts, engineering, or anything in between, there's an opportunity for you in the financial services sector.

Unlocking your potential

The health of the industry is strong. The key ingredients for job seekers looking for an opportunity include knowing where to look and what skills are needed for their specialty. When considering a job in the financial services industry, it's important to consider your career path. There's room for advancement in the sector, and your first position is more than just a job, it's the first step in your career.

Dr. Catherine Chandler-Crichlow, Executive Director of the Centre of Excellence (CoE) in Financial Service Education in Toronto, says it's common for people to assume banking is the only option in the financial services industry.

"It's not just banks, it's insurance companies, pension fund management firms, mutual fund companies, asset management firms, credit unions and so on," she says.

Career opportunities

The CoE works with the financial services industry in Toronto to assess which careers are most in demand each year. At the time of publication, the CoE's research showed the most in-demand financial services careers include: insurance underwriters, actuaries, claims adjusters, and business analysts.

What career seekers don't always understand is the diversity of educational backgrounds that make them suitable for these careers, said Dr. Chandler-Crichlow. It's important to focus on educating post-secondary and high school students so they understand the broad opportunities available and what technical training they need, she notes.

A FUTURE IN FINANCE
The financial services sector has broad opportunities.
PHOTO: THINKSTOCK.COM

> "It's not just banks, it's insurance companies, pension fund management firms, mutual fund companies, asset management firms, credit unions and so on."

Additional skills

However, technical education may not be enough. Dr. Chandler-Crichlow says it's up to students and job seekers to develop soft skills like customer service and team work, that are so vital to most jobs in any sector.

"Those who are in most demand are the graduates with the experience as well as a mix of both the technical and the soft skills," she adds. Students have options for developing these skills, for example they could join a campus club, volunteer, or participate in a case study competition, she said.

Chris Polson, president of CFA Society Toronto also says more than an undergraduate degree is needed. His suggestion is to commit to a designation, like a chartered financial advisor. Having a professional certification may give job seekers an extra leg up over the talent pool.

"If you're capable of passing those exams, I think you distinguish yourself at a level above and beyond what undergraduate degrees typically offer," he says.

Polson specifies that the candidate doesn't need to have completed every course or exam within a program to improve their chances of getting an interview. Simply showing progress should help convey their skills and commitment.

The future of the sector

The financial services sector is working to further nourish the public's trust after the global recession. "Providing exceptional service to our clients is first and foremost, the number one thing we can do," Polson says.

Both Polson and Dr. Chandler-Crichlow said the financial job market is competitive. Job seekers need to identify which area of the financial sector they are interested in, identify the skills listed in job descriptions and work to develop them.

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About the Centre of Excellence in Financial Services Education

The Centre of Excellence in Financial Services Education (CoE) represents a commitment of the Ministry of Training, Colleges and Universities, the City of Toronto and employers of the financial services sector to strengthen the talent pipeline available to the sector. The CoE is part of the Toronto Financial Services Alliance (TFSA).

The Centre of Excellence:

- Conducts research to identify in-demand careers of the sector;
- Aggregates information on Toronto's talent and educational strengths;
- Works with educators to align their courses to the needs of the sector;
- Holds consultations with key stakeholders on talent and workforce needs;
- Showcases the career opportunities that are available in the Toronto region.

NEWS

The many paths to a fulfilling health care career

It's all too common that young people interested in a career in health care find themselves pushed, overtly or subconsciously, towards medical school without considering the vast wealth of other rewarding health careers.

DEMAND FOR TALENT RISES
Health care services will be greatly impacted by an aging baby boomer population. PHOTO: REGISTERED NURSES ASSOCIATION OF ONTARIO

For every doctor in Canada, there are about six nurses, not to mention the great many medical laboratory technologists, lab assistants, health administrators, and support workers who keep our world-class health care system running smoothly.

Nursing is a passport

Nursing, particularly, is a rewarding field all its own. "Nursing enables you to be part of the journey of people's lives in a much more intense way than doctors are able," explains Doris Grinspun, CEO at the Registered Nurses Association of Ontario. "It's a profession that is inspiring. It inspires you and inspires those that you care for. It's a profession that requires brains, heart, and action. It's a profession that is well-remunerated and allows you to move from specialty to specialty or even from country to country. Nursing is a passport."

There is also Ontario's Nursing Graduate Guarantee program to consider, which funds job placements for new graduates from nursing programs. "Upon graduation you are guaranteed not only employment, but full-time employment," says Grinspun. "In what other profession do you have that?"

Not in any other profession and not in any other jurisdiction, it would seem.

The magic of the laboratory

And then there are the laboratory technicians and technologists, who are responsible for much of the behind-the-scenes science in the health care system. "If a student knows they have a love of science and that they love the equipment and instrumentation, I tell them to look into laboratory technology," says Christine Nielson, CEO at the Canadian Society for Medical Laboratory Science. "It's a career that's portable across Canada, and we have members working in 140 countries."

Aging population and retiring health care professionals

Job security, job portability, and career opportunities are a common thread across all health care professions, and that thread is only going to strenghten as we begin to feel the double whammy of Canada's aging population. A great many baby boomer health care workers are on the cusp of retirement, with 25 percent of medical laboratory technologists expected to retire in the next two years. At the same time, this aging and well-informed population is already causing a dramatic increase in the demand for health care services.

"When we founded Medicare across our provinces just over 50 years ago, the average age of a Canadian was 27, while today it is 47," says Dr. Samir Sinha, Director of Geriatrics at Mount Sinai Hospital and the Provincial Lead for Ontario's Seniors Strategy. "While the patients have changed, our health care and education systems have not kept pace, and now we are seeing the impacts of this."

Our society needs more young people entering every stripe of health care careers. And those who do so will be rewarded not only with a stable, fulfilling, portable, and well-remunerated career, but also with the opportunity to do good in this world on both the grand and the personal stage.

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BEST TIPS

New education opportunities for health care professionals

There is very good reason why most hospitals and health organizations prefer to have personnel with front-line health care experience in their management and administration positions. But, at the same time, the challenges of administration are very different from the challenges of nursing or laboratory technology.

Practical learning

Fortunately, colleges are increasingly offering practical degrees and certifications in Health Administration designed for working health care professionals. In addition to Masters programs, there are also programs, which are open to professionals without a university level degree. "It's designed for the full range of health care professionals," says Dr. John Conrad, Associate Dean of the School of Business at St. Lawrence College. "They can come in with whatever experience they have in health care and we will help them take that context and apply business concepts to it, focusing on applied leadership and applied management."

For those looking to make the transition into management and administration, programs like these provide a welcome path forward.

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INSIGHT

Career colleges: the key to employable graduates

> "From the employer's perspective, they know they're getting a quality individual who can fill their jobs... From the student's perspective, it means they know they'll have a job when they graduate."

With unemployment pushing double digits across Canada, the question of what exactly education is for has never been more important.

Certainly there is value in self-improvement and learning for learning's sake, but it is getting harder and harder for Canadians to justify an education that may not have a job waiting at the end of it. For those with or without a degree, the most pressing issue is one of acquiring the specific skills that lead to employment.

In terms of increased employability, and gaining job-specific skills, prospective students can consider career colleges. Career colleges are private institutions that provide career specific training, often in direct partnership with employers.

There are overlaps in some cases between the programs found at career colleges and those found at community colleges, but according to Career Colleges Ontario Chair George Hood, the big difference comes down to scope and efficiency. "In a one year program at a career college, students in many fields can become fully trained and employable," says Hood. Because career colleges are tightly focused on job skills, omitting the electives and general education components most community college programs include, the programs are often substantially shorter.

An impressive educational pedigree

There is unquestionable historical precedent for the model. "The Ontario Community College system started in the mid-1960s," explains Hood, "whereas private career colleges have existed for well over 100 years, arguably dating back to at least the 1700s." The National Association of Career Colleges (NACC), established in 1896, is the oldest post-secondary association in Canada and the tradition of private vocational schools has a direct line of descent from the medieval guild system.

The reason this system has survived centuries of economic and political upheaval is an unswerving focus on educating people towards jobs that actually exist. As Canada enters the "skills gap" years, where large numbers of people without jobs exist alongside a growing number of jobs without people, the career college system can help train or retrain people in the specific skills where are most needed, resulting in highly-employable graduates. "From the employer's perspective, they know they're getting a quality individual who can fill their jobs," says Serge Buy, CEO of NACC. "From the student's perspective, it means they know they'll have a job when they graduate."

FACTS

+600 registered career colleges in Ontario

Training **+70,000** students annually

Offering **+5,000** programs of study approved by the Ministry of Training, Colleges and Universities

Career colleges are Located in **+80** small, medium and large communities across Ontario

Ontario Career Colleges have provided job-related training for **+145** years

SOURCE: CAREER COLLEGES ONTARIO

Canada Job Grant and the Canada-Ontario Job fund

The importance of career-focused education has not been lost on politicians and lawmakers. The Canada Job Grant program, which was a centrepiece of the 2013 Federal Budget, provides up to $15,000 of funding for each career college student. This is critically important when you consider that so many new students entering career college programs have already completed university or community college programs and are carrying the associated debt.

For this generation of Canadians, who know an education alone does not guarantee a job, career colleges provide a way to bridge the skills gap. And when that gap is bridged, all Canadians benefit.

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INSIGHT

Keeping new and young workers safe

Young and new workers play a major role in Canada's success. It is these young and new workers who are often taking on occupational roles associated with higher safety risk. For the future of our province, we must ensure these workers a long and healthy career through safety training.

Remember your first job, the thrill you felt when you were newly hired? Today, the pressure of winning that prize has grown along with the number of competitors vying for available spots. Youth unemployment stands at an all-time high, so when a young worker finally lands a position, it becomes even more critical to make sure they are successful in that role by staying healthy and safe.

A TOP PRIORITY
Workplace safety strengthens our future workforce. PHOTO: UA CANADA

> "Young people between the ages of 15 to 24 are four times more likely to be injured on the job during the first month than workers in other age groups"

Staying safe

"Young people between the ages of 15 to 24 years are four times more likely to be injured on the job during the first month than workers in other age groups," says Elizabeth Mills, President and CEO of Workplace Safety & Prevention Services. "Their exuberance and fresh perspectives are a great asset to an employer. It's a time in their lives when they are moving towards independence, but it's also a time when they need to be reminded about the importance of health and safety by the actions of co-workers and the care of others."

All too often fledgling workers begin their jobs without knowing their rights and they need extra support from employers and supervisors. "The bare minimum is not enough," says Mills whose own organization, WSPS — in addition to offering expertise, training and consulting solutions — also oversees province-wide Young Worker Awareness Presentations.

Run by volunteers, this innovative classroom outreach program is aimed at heightening health and safety the understanding of among future workers. Since its launch in 1995, it has touched the lives of 350,000 students.

As a volunteer in the program for the past 18 years, Brian Mercer is one of 190 health and safety professionals who spend their spare time championing awareness among Ontario's high schools. When he was 23 years old, Mercer suffered second and third degree burns to his legs while at work, an event that inspired his passion to help others.

"Volunteering with WSPS' Young Worker Awareness is an opportunity to plant seeds in fresh minds before they go into the work environment," says Mercer. "If I can prevent one young person from injury, my time was a great investment."

He'll tell you that there's always someone in his class who shrugs their shoulders and says it won't happen to them. But tragically, injuries and fatalities do happen. Between 2006 and 2012, 48 young workers aged 15 to 24 died in work-related incidents. During this same period, more than 58,000 young workers received injuries resulting in lost time at work.

"Incidents occur when assumptions are made and knowledge gaps exist about the correct way to perform a task," says Mills. "We must encourage young workers to ask questions. They are usually very excited when they start a new job and want to perform well, but they may need more day to day experience to know what questions to ask — or even ask about something they are not sure of."

Reinforce good behaviour

Employers and supervisors need to foster dialogue with young workers; support them when they ask questions; and continue daily, regular communication after they've been trained so that safe practices become safe behaviours in the longer term. "Good behaviours need reinforcement."

Young workers are most influenced by their co-workers and, are often deeply imprinted by the behaviours of the person who first employed them. "It's a great opportunity for employers to encourage best practices and role model and champion health and safety among their young workers," says Mills.

Simultaneously, young workers must own their behaviour, respecting workplace rules, asking questions, getting proper training, looking for and reporting hazards and wearing appropriate protective gear.

And, it's not limited to the workplace. "Safety happens at work, at home, and at play," says Mills. "Parents of young workers should have that conversation with their kids — addressing worker rights and responsibilities — including the right to refuse unsafe work."

Mills adds that there's an abundance of resources available through the Ministry of Labour as well as organizations such as WSPS — all focused on working with businesses to ensure employee safety and success. Recent provincial regulations aimed at achieving improved outcomes include mandatory health and safety awareness training for all new employees as well as working at heights standards and certification training for Joint Health and Safety Committees.

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FACTS

With all the jobs being created Ontario, safety training is more relevant than ever

In 2013
95,700
jobs were created in Ontario.

$295M
The amount the government is investing in the youth jobs strategy over 2 years.

SOURCE: ONTARIO GOVERNMENT

They're not superheroes.

Keep your young workers safe.

New and young workers are three times more likely to be injured in their first month on the job.

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INSIGHT

STARTUP SPOTLIGHT

Mediaplanet sat down with The Digital Media Zone in Toronto to talk to Klever Freire, CEO of DreamQii, about his startup that makes networked, social robots.

MP Why did you give up your day job?

KF I was working as an aircraft performance engineer when I launched DreamQii. I left because the appeal of creating a company based on the product vision in my head was too compelling to ignore.

MP Any advice for new entrepreneurs?

KF Give it your full attention, make full use of the networks of supporters available to you, and learn how to sell yourself and your business. Incubators and innovation centres can help you make vital connections to clients and funders.

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Why Canada needs more young entrepreneurs now

Entrepreneurship may be the big solution to Canada's high youth unemployment rate.

"There is an urgent need to invest in youth entrepreneurship," says Julia Deans, the CEO of Futurpreneur Canada, a national non-profit supporting entrepreneurs ages 18 to 39. "Not only is youth unemployment more than double that of older age groups, but half of the entrepreneurs who head the small and medium enterprises — which make up 98 percent of all businesses in Canada — will retire in the next decade."

You don't have to be a tech genius to launch a start-up. Ninety percent of the businesses Futurpreneur serves are mainstream ventures like restaurants, producers, and chiropractic clinics.

The brave choice

"There are lot of young people who are not finding jobs or are finding jobs that aren't meaningful or substantial," says Deans. "Entrepreneurship is a really brave response to that."

How can we best support young Canadian entrepreneurs? Futurpreneur consulted with 1,000 entrepreneurs, leaders, and educators to create a national action plan called "Unlocking the Power of Youth Entrepreneurship," released September 18.

The action plan

- Help young people launch and grow their businesses with mentorship, strong networks, and financing.
- Encourage a culture of entrepreneurship by teaching it in schools, giving class credit for businesses and with programs that encourage university students to run businesses.
- Foster competence and confidence in young people. "We need to be showing people that learning from your failures and moving beyond is perfectly fine. Too often in our country we look at failures and say, 'They're done,'" says Deans.

Role models

The plan also calls for showcasing entrepreneurs as role models. For example, Samantha Chan, who at 26 left investment banking to launch Paintlounge, where people can experience the joy of 'social painting' — hanging out with friends while expressing their creativity on canvas.

She received $15,000 in startup loans from Futurpreneur and enjoyed the support of a mentor.

Four years later, Paintlounge has three locations in Toronto and Markham and Chan loves her work like never before. "It's so meaningful to do something that you're passionate about as opposed to what I was doing before... I'm very happy with what I'm doing."

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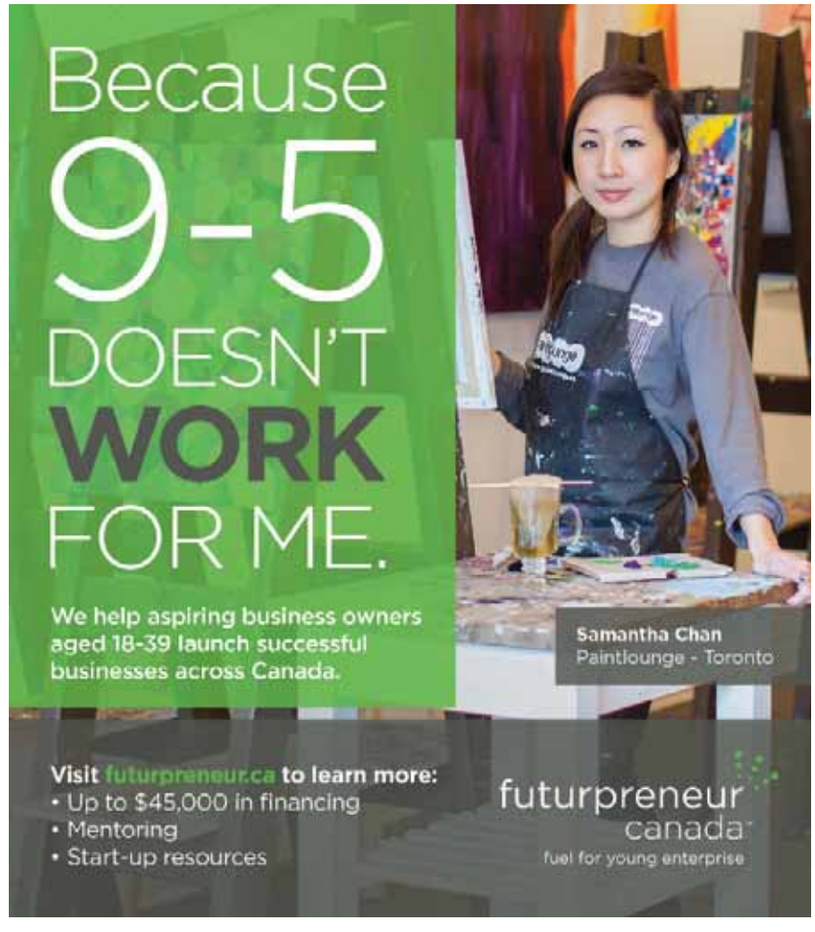

INSIGHT

The inside track on one of Canada's most up-and-coming creative industries

We've all enjoyed computer games and been captivated by animated movies, but what are the options for somebody who wants to take their interest in 3D animation and character design one step further?

Here we take a look at what it takes to get into the industry and how your new career might progress.

3D animation and character design is one of the most exciting sectors on the planet right now, and for members of Generation Y, who have seen such rapid technological advances in their lifetimes, the thought of being at the cutting edge of the latest developments is tantalizing.

Developing your craft

It's a competitive industry though, so to differentiate yourself from the crowd you need to have the skills and perseverance to make it happen.

"From life drawing, 2D illustration skills all the way up to creating a character for use in films, games, or any type of industry that uses 3D, students need to develop a lot of skills," says Dan Rickard, a professor of 3D animation and character design at Fanshawe College. "Learning 3D animation and character design also encompasses things like modeling, texturing, animation, rigging a character for movement and motion capture."

Wealth of opportunity

It's not the sort of industry in which you're tied down to one role or job; it's really up to the individual to figure out where they can fit in. That might be a design position at a video game studio, 3D graphics at a film studio, web graphics for an online company, or advertising.

"If people have an entrepreneurial spirit they can also try something on their own, like opening their own studio or working on a contract basis," says Rickard. "There really are so many different places for people in the industry to get work right now."

FROM COMPUTER GAMES TO ANIMATED MOVIES
Dan Rickard, Professor of 3D Animation and Character Design, interacts with a CINTINQ device.
PHOTO: JOHN SING, FANSHAWE COLLEGE

3D printing, which allows companies to design and develop rapid prototypes, is an exciting area of development right now, and is likely to create lots of job opportunities over the coming years. "3D printing is exploding right now," says Rickard. "It's amazing how much it's infiltrating the market."

A rewarding industry

In addition to being an exciting and dynamic industry, jobs in 3D animation and character design are generally well paid. Recent research has shown that a junior artist entering the video game industry can expect to earn $40,000 - $45,000 per year.

Usually you're considered to be a senior level artist after five or six years experience in the industry, and at this stage of your career you'll probably be earning between $80,000 and $90,000. A lead artist or art director can earn as much as $90,000 - $100,000.

"Obviously some employers go much higher than that and some start lower," says Professor Rickard. "Some companies offer starting salaries at $30,000, while some technical directors can earn as much as $250,000. Those are some massive earnings."

The opportunities are out there, but, ultimately, it's down to the passion and desire of the individual. "If you give it all you've got, you'll get somewhere in this industry," says Rickard. "It just all depends on how much you want out of it."

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editorial@mediaplanet.com

Taking your passion for photography to the next level

It is not easy to turn your passion into a career but with the right foundation and education anything is possible.

Mediaplanet Why did you decide to pursue photography as a profession, and what are the first steps you took to solidify your career path?

Raj Gadhvi In 1964, my grandfather had started doing photography full time in India and later on, the same profession was continued by my Engineer father in the 1990s. From an early age I was surrounded by photos, and as a result, I built up a strange but beautiful affection with the photo world — the magic show.

I graduated from Fine Arts in India, Commercial Art & Advertising, in 2007. Afterwards I continued in the same profession as a full time photographer for five years. The conversion of photography from film to digital played a big role to build my fascination and encouraged me to learn more and go deeper.

FORMER STUDENT, RAJ GADHVI
An aspiring photographer speaks about turning professional. PHOTO: RAJ GADHVI

There is always a huge constant change in the photo techniques and industry, so it's important to keep up-to-date. Standard theories, history, and some more knowledge of marketing and business can help you to achieve your desired career for sure. So, I took a course with a specialization in photography at Fanshawe College, in London, Ontario and graduated in 2014.

MP What advice can you give to those who want to break into the photography and visual art industries?

RG Since the photo and visual industry is globalized now, it has become more connected with the help of digital technology. I see talented people around the world getting the accolades they deserve, because now photography is viewed as an art. The first bit of advice would be to always believe in yourself, and at the same time, be a good learner. It is like imagining, observing, and painting the lights on the paper or a screen. With proper guidance, education, and a passion to discover the world through your lens gives the best result.

MP Where do you see yourself, and the industry, in the future?

RG I don't know if there is any end, but a passion to capture moments and engaging in rewarding photographic experiments will definitely lead me along. I feel that I'll likely be teaching photography in the future. I enjoy exchanging knowledge with photo enthusiasts online in Canada and overseas. In a nutshell, having unique skills to be able to create a picture is very positive and must be a required component. That being said, good communication and marketing skills are a major part in the industry. The future of the photo and visual art industry is very bright and full of unlimited fun because it's a great blend of art, excitement, a serious business now a days.

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*2nd year students of the
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ELLO, IS IT ME YOU'RE LOOKING FOR?

SHE SAYS

Jessica Napier
metronews.ca

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FB's pitfalls. "Every post you share, every friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and sold."

But isn't that always true, to a certain extent?

We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an ideology.

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that allows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

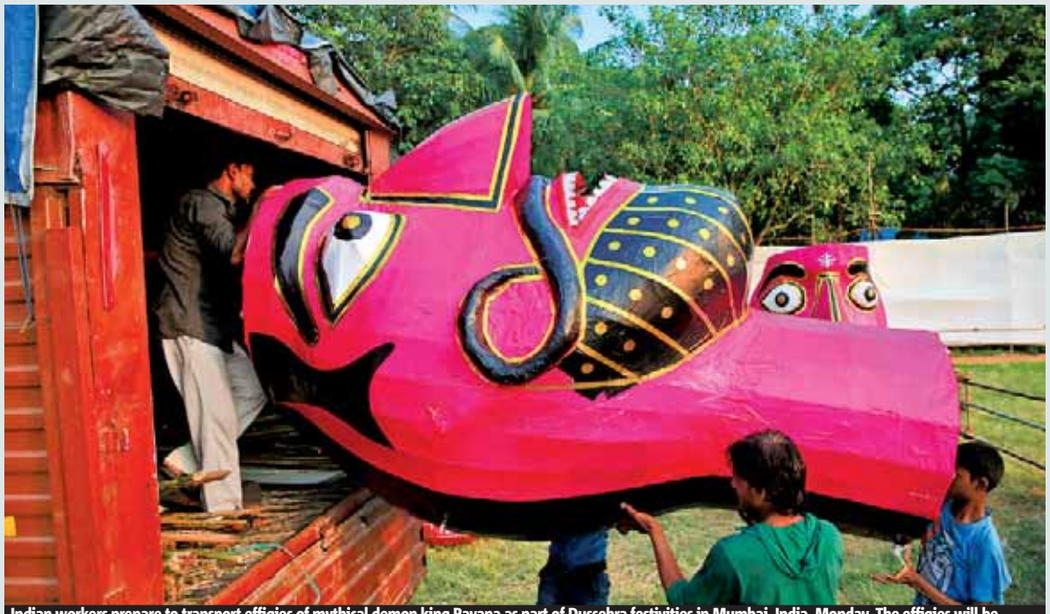
My own Facebook newsfeed is full of promotional content hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaning from my account: oh, a woman in her 20s — she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to third-party advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

Burn your demons



Indian workers prepare to transport effigies of mythical demon king Ravana as part of Dussehra festivities in Mumbai, India, Monday. The effigies will be burned at the end of the 10-day long festival symbolizing the victory of good over evil. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarnations.

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana.

The day also marks the Goddess Durga's triumph over demons.

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. METRO

Etymology

- *Dasha* (sun)
  Hara (defeat)

The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

MetroTube

Meowy wowy

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details — the guards doing nothing at all, dramatic leaps into haystacks — point to a genuine affection for the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at youtube/mrtvcow.

SCREENGRAB

Twitter

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves . It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in News, page 31 in Scene and page 39 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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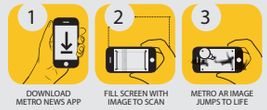

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DVD review

Transformers: Age of Extinction

Director. Michael Bay

Stars. Mark Wahlberg

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skedaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these earbashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

PETER HOWELL

Lykke Li is Sleeping Alone and OK with it

I Never Learn. Swedish singer talks songwriting and growing up

KASIA PILAT
Metro in Boston

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut Youth Novels, 2011's Wounded Rhymes and I Never Learn, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancey I'm Good, I'm Gone, off her debut album. In the end, at the core of Li's music there is pure, unrestrained honesty.

metro AR Scan this photo with your Metro News app to watch the video for Gunshot, the second single from Lykke Li's album I Never Learn.
GETTY IMAGES FILE

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings.

"I made a choice early on, on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I realized I already started making a trilogy subconsciously and then I ended it with I Never Learn," she says.

In I Never Learn, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, Sleeping Alone, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the Youth Novels of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film Tommy and an appearance on U2's The Troubles, Li plans to start a mezcal company.

Lykke Li live

Lykke Li plays Kool Haus, Tuesday at 8 p.m. Tickets: collectiveconcerts.com

SCENE

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Sharing secrets from Toronto's top chefs

Amy Rosen. Toronto Cooks features recipes by author's favourite restaurants — from Mercatto to Jelly Modern Doughnuts

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto's newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
Andrew John Virtue Dobson
dobbernationloves.com
@dobbernation

I was looking forward to going on a date with Amy Rosen, author of Toronto Cooks, to chat with the award-winning food and travel writer about her thoughts on the city's recent restaurant renaissance.

We met in the heart of the financial district at Vertical, a restaurant featured in her new cookbook. The dining room was packed with Bay Street's suit-set over the lunch hour, and the space was filled with business banter as patrons made their way through Chef Giacomo Pasquini's Italian-inspired culinary creations.

Rosen grew up in Toronto's Willowdale neighbourhood and attributes her love of food to mom.

"It was the Julia Child era and my parents ran a regular gourmet group, which has now been running for 40 years," she says. "We'd make spun-sugar desserts and snack on escargot. I was never afraid to eat anything, as the exotic was always brought into our home.

"For years, Toronto offered middle-of-the-road British hangover food — meat and potatoes. In the past decade, there has been a percolation happening. Torontonians and the city's chefs travelled more, the economy boomed. The world discovered our city."

Toronto Cooks, Rosen's highly anticipated third cookbook, hits the shelves today and features the city's top chefs, who share favourite recipes from their restaurants.

Award-winning travel and food writer Amy Rosen joined us for lunch at Vertical, a popular Italian restaurant in the heart of Toronto's financial district, to discuss her newest book, Toronto Cooks. ANDREW DOBSON/FOR METRO

So how did Rosen go about creating this list?

"I wanted to feature places that I enjoy. From the east, west, north and south. Old favourites to new hot shots. My only criteria was that each chef's recipe be easy to replicate at home," she says.

Toronto Cooks features a beautiful collection of playful chef portraits, and recipes that represent the heart and soul of their kitchens.

Rosen is proud to highlight the fact that the book features a colourful, multicultural lineup and a large number of female chefs.

Food fans can look forward to discovering secret recipes by restaurants ranging from Doug Neigel's Mercatto to Rosanne Tripathy's Jelly Modern Doughnuts.

Rosen had just returned from a jaunt to New York City, so I asked her how Toronto's culinary scene stacks up. "I ate at a lot of restaurants in New York," she replied. "Right now, I can definitely proclaim that Toronto's restaurants are better."

A mighty honour bestowed upon our little city on the lake.

Meet Amy Rosen

Toronto foodies: Mark your calendars for Oct. 9. That's when food and travel writer Amy Rosen will be on hand to sign copies of her newest book, Toronto Cooks. She will be at The Bay on Queen Street, 7th floor, from 6 to 8 p.m.

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- like a rise in literacy

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

London calling: Pattinson says Cali's starting to lose its cool

NED EHRBAR
Metro in Hollywood

Great job, Los Angeles. You went and scared off another one. Twilight star Robert Pattinson is apparently checking prices on last-minute flights to London.

"I think I might be done with Los Angeles. I've just realized that in the past few weeks," Pattinson tells The Independent's Radar magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really."

L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.

Yarr prayers have been answered: Pirates to set sail on screen for fifth time

It's really happening, mateys. The fifth film in the Pirates of the Caribbean franchise is getting under way Down Under, with pre-production starting this week on Australia's Gold Coast, according to the Daily Mail Australia. Actual filming, though, won't get underway until February 2015, when Johnny Depp is confirmed to arrive to reprise his role as Capt. Jack Sparrow. Orlando Bloom is also said to be in discussions to return to the franchise. Pay no attention to the fact that, much like the fourth film that shot in Hawaii, this one is being made nowhere near the actual Caribbean.

Brad's philosophy of blah: According to actor, life is the Pitts, until it isn't

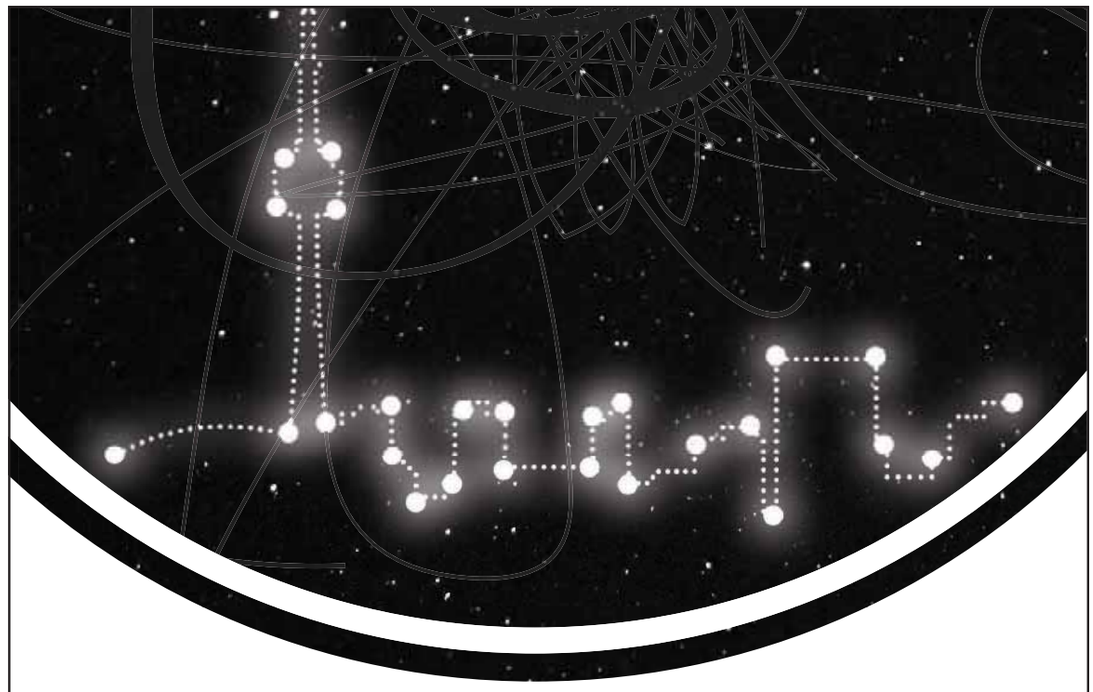
It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, Fury, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title. There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is overrated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK…

Twitter

@kelly_clarkson
Having a hard time falling asleep. Can't stop watching my baby girl sleep. I'm addicted to her.

@katyperry
Does anyone else adopt the mood of the movie they see when they leave the theater... For like a solid two hours?!

@pattonoswalt
Red Bull gives you wings, but coffee gives you vengeance.



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METROLINX

LIFE 3

Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which give them their rich orange colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.

Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors, cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.

Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your healthcare practitioner about the benefits of taking a vitamin D supplement.

Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.

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Count sheep and avoid fasting

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three.

Is heartburn a minor problem?
No. If it occurs regularly, over time heartburn can damage the lining of your esophagus, causing complications such as painful or bleeding ulcerations.

If you have heartburn more than three times a week, or wake up in the night because of coughing, wheezing, choking or asthma, talk to your doctor.

Can lack of sleep actually make you sick?
Yes. A study of 24,715 people in Norway in 2013 found that insomnia was a significant risk factor for a range of health conditions, from depression and anxiety to rheumatoid arthritis and asthma.

Sleep deprivation can also increase levels of inflammatory chemicals in the body, and inflammation is known to contribute to heart disease.

Moreover, not getting your "vitamin ZZZ" can make high blood pressure worse and even raise your blood sugar.

A Harvard Medical School study found that women who slept five or fewer hours per day were nearly a third more likely to develop diabetes than women who got a more reasonable amount of sleep.

Will fasting help you drop pounds for good?
No. There is evidence that periodically cutting back on daily calories (consuming one third to one half fewer calories) can be good for you, but if you fast, or "detox," for days at a time, the few pounds you lose will probably come back as soon as you start eating again.

Here's why: When you fast, your metabolism slows down, meaning you burn fewer calories.

Some people go on fasts to rid their body of toxins, but there is little evidence this works. If you are in good health, your kidneys and liver already do a good job of filtering out most ingested toxins. You may feel better, but that's probably because you are avoiding processed foods that have unhealthy fats and added sugar, which you can avoid without fasting.

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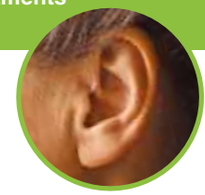

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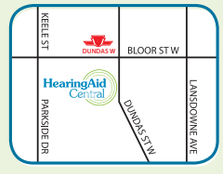

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For dinner this week, try chicken with a whisper of sweet nothings

Health Solutions

If it looks and tastes like sugar, it could be Xylitol

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower on the glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Sugar-Free Sweet Garlic Chicken. Classic Asian-inspired flavours make this dish an ideal weeknight option

THERESA ALBERT
myfriendinfood.com

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar — without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake for 15-20 minutes until cooked through. Serve with steamed rice.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Ingredients

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil
- 1/4 cup water

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From newsroom to business boom

Mediapreneurs making their mark.
Meet three journalists who are reporting great results in the world of business

TAKARA SMALL
Metro News in Toronto
@takarasmall

You've probably seen them interviewing celebrities on TV or reporting events from around the world, but there's much more to Cheryl Hickey, Mark Little and Patricia Jaggernauth than their journalism resumés.

The rise of the mediapreneurs is seeing a slew of journalists taking the self-start domain by storm.

Cheryl Hickey, one of Canada's most beloved entertainment journalists and ET Canada host, has always seen herself as an entrepreneur. The homegrown talent points out that she has been business-minded since she was a teenager.

As her new skincare line Ours is slated to hit Rexall stores across the country, she opens up about her new journey.

"This all came out of having two kids and I wanted to make sure I was doing the best I could for them," she says.

The product line includes eight made-in-Canada paraben-free products designed for skin and face.

"It's my passion and my hobby and I guess I don't think of it as a wave or a trend — just see it as who I am."

Mark Little is the creator of news agency Storyful. CONTRIBUTED

Mark Little saw an opportunity to create new jobs in his field by creating Storyful, a news agency that shares videos and stories with newsrooms.

He took a risk to create something that is now shared around the world. Little's advice for mediapreneurs thinking of starting their own business? "The first thing you have to do if you want to innovate is take risks," he says.

"The reason journalists don't like doing this is you can't afford to take risks. We're in a state of permanent disruption. There won't be as many newspapers, as many journalists working in traditional journalism in the future and that is sad, but the journalism I think will be better."

Patricia Jaggernauth is another mediapreneur who has established a career outside of the broadcast field.

Patricia Jaggernauth
VIC MAR PRODUCTIONS

Cheryl Hickey
SHAW MEDIA

Work on wheels

Go to metronews.ca/mom-and-pop-shops to read more about Cheryl Hickey, Patricia Jaggernauth and Mark Little's journey.

Labour of love

"It's my passion and my hobby and I guess I don't think of it as a wave or a trend — just see it as who I am."

Cheryl Hickey
Host of ET Canada and creator of skincare line Ours

The weather specialist, who can often be seen reporting the latest news for CP24, also has a successful fashion business called PJ GLAMGIRL Boutique.

"My advice to other mediapreneurs is to work harder than you ever imagined you could, but to also be active within your communities. Get out and get to know who your customers and supporters are," she says.

Jaggernauth's two-year-old fashion line includes jewelry, hair accessories and clothes.

"Also, as the saying goes, if you love what you do, you never really work a day in your life."

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My seat-mate cycles, then sits, then stinks

Dear Metro,

There's a guy at my office who bikes to work in the morning then stinks all day. Our colleagues talk about his smell behind his back, which seems mean — other than the body odour, he's a great person. What's the best way to let him in on the issue without embarrassing him?

— No Mo' B.O.

OFFICE SPACE
Eleni Deacon
life@metronews.ca

If there's an odour overtaking the office, the stinky source will likely respond more readily to a soft hint rather than a pee-yew protest. ISTOCK

Dear NMBO,

Firstly, kudos for staying out of the gossip. Let your associates nurse their precious olfactory glands without you. While it can be unpleasant, B.O. doesn't have to be a big deal.

That said, your colleague smells and he deserves to know the truth, especially if it's affecting his reputation around the office. Under the appropriate circumstances, a private, one-on-one conversation is probably your best approach. If you're close with this co-worker — for example, if he's one of your top office buds — bring it up in a relaxed way next time you're grabbing coffee or lunch together. "Hey, you might want to double up on that deodorant after your morning commute," you could say, adding that a hefty bike ride will have even the daintiest of clean freaks smelling ripe.

In cases where face-to-face is too awkward — or just too plain smelly — you could also address it with a frank but polite email.

This spares him the discomfort of having to face you when he realizes it's him, not that science project in the back of the fridge, that's stinking up the office kitchen. Whatever words you choose, keep your note kind and casual. And you don't need to tell him his pits are the talk of the water cooler.

If you're not comfortable with a direct B.O.-vention, there are likely people at your workplace who are trained to have these types of conversations. Your HR department or managerial staff can address the issue from an administrative perspective, getting to the point without making it personal.

Keep in mind that body odour is caused by many factors, several of them health-related. If there's any chance your colleague's issues go beyond poor post-bike hygiene, leave the discussion to those responsible for sensitive workplace affairs. Otherwise, you might find yourself the subject of an HR complaint of your own.

And if all else fails, crack a window or subtly spritz some Febreze around.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Improv-ing the way we go about our day

Setting the stage for success. How one CEO is using theatre techniques to make better work decisions

LAKSHMI GANDHI
Metro in New York City

By day, Isaac Rodriguez is the CEO of the Provident Loan Society, the 180-year-old non-profit lender founded by business tycoons including J.P. Morgan and Cornelius Vanderbilt. By night, he performs as an improv comedian with Artistic New Directions, a theatre group in Manhattan.

Rodriguez says he's tried to incorporate what he's learned from his side career as an actor into the corporate world. The principal lesson improv has taught him, says Rodriguez, may surprise readers.

"The most important thing would be listening," says Rodriguez. "How important that is, to listen to someone, and how it feels realizing even more how it feels to not be listened to. It's one of the worst feelings."

Rodriguez shares these improv tips for anyone looking to get ahead in the workplace.

Keep the conversation going

The trick to succeeding, says Rodriguez, is not to let the conversation peter out. To do this, Rodriguez says you should use what he calls the "yes, and" principle.

"It's an actor's job to justify, make positive choices and respect (the) physical and verbal reality of the scene, for example. Apply that to business," he says.

If you end up saying something like "I don't know" or "We can't do that," you are effectively putting an end to any potential negotiations and shutting the door to a potential project.

"If I don't listen to the proposal and interact and keep that scene going, I would never know what their thoughts were and what they were doing or thinking."

Engage your audience

As anyone who has ever given a presentation or tried to speak with an extremely busy colleague knows, it just takes a moment to lose the interest of your audience.

- "If an individual is physically involved in something and not verbally responding to you, simply acknowledge it," advises Rodriguez.
- "Say, 'You're really involved in something, and what we are talking about requires an extensive conversation. What other time can I come in and talk about it?'"
- "Putting someone on the spot forces them to reschedule the meeting or to stop being distracted and talk to you."

Jolted at the Joe

Mrazek, Red Wings blank Buds

Petr Mrazek made 27 saves, and the Red Wings beat the Toronto Maple Leafs 3-0 in a pre-season game on Monday night in Detroit.

Riley Sheahan had a goal and an assist, and Nick Jensen and Tomas Jurco also scored.

James Reimer stopped 14 shots for Toronto.

Jensen and Sheahan each had a power-play goal in the second period.

THE ASSOCIATED PRESS

Exhibition injuries

Leafs falling before change in season

Toronto Maple Leafs coach Randy Carlyle met the media Monday afternoon with a piece of paper recording the laundry list of injuries the team is currently saddled with.

The good news is forward David Clarkson, who suffered a fractured orbital bone under his right eye, should be ready for Game 1 of the regular season Oct 8.

The news isn't as good for David Booth.

The winger suffered a fractured foot after blocking a shot during Sunday's 3-2 shootout win over the Sabres and is expected to be out for at least four weeks.

Cody Franson suffered a bruised left knee in Sunday's game and needed help off the ice while putting no weight on his left leg. Franson was scheduled to meet with doctors Monday.

THE CANADIAN PRESS

What are the chances?

Habs top Canadian teams in odds to win cup: Bodog.ca

Oddsmakers are betting that Canada's Stanley Cup drought will extend to 21 seasons. Here are Bodog.ca's odds of the seven Canadian teams winning a championship:

- Canadiens — 18-1
- Canucks — 33-1
- Maple Leafs — 40-1
- Oilers — 50-1
- Senators — 66-1
- Jets — 66-1
- Flames — 75-1

THE CANADIAN PRESS

Kyle Lowry and the Raptors are eager to get the 2014-15 season underway. BERNARD WEIL/TORSTAR NEWS SERVICE

Raptors hungry for more success

NBA. Lowry and co. say they are using last year's heartbreaking finish as motivation

The agonizing image of Kyle Lowry's blocked shot at the Game 7 buzzer has played itself over and over in the Raptors' minds all summer, like a bad song stuck on repeat.

The point guard who'd carried Toronto through their first playoff appearance in six years was blocked by Paul Pierce at the buzzer, ending their season as the Brooklyn Nets moved on to the second round.

Rather than bury that heartbreaking image, the Raptors have harnessed it.

"I think about it all the time because we're going to need that to feed off of, honestly, and understand how bad that hurt, that feeling of losing Game 7 and coming so close, losing by one point," said guard DeMar DeRozan. "We've got to carry that starting tomorrow for training camp, have that hunger and that edge to do the same thing all over again this year."

The Raptors held their traditional season-opening media day on Monday and talked about picking up where they left off. Toronto went a club-record 48-34 last season to win the Atlantic Division title before being eliminated in the opening round of the playoffs.

The sting of that loss lingered long for all of them. DeRozan wouldn't watch the Nets play the Miami Heat in the second round of the playoffs.

"That whole time, I couldn't wait for (the Nets) to lose, honestly, just to feel better about myself," DeRozan said.

metro AR Dwight Howard gets sprayed down during Rockets media day on Monday. Scan the image with your Metro News app to see some of the top media day images from around the NBA on Monday.

DAVID J. PHILLIP/THE ASSOCIATED PRESS

Quoted

"Last year we were trying to figure out how to win games, now we have to know how to win games. Know for a fact how to win games that are closer games."

Raptors point guard Kyle Lowry

Five months later, the Raptors are eager to get going. They open the pre-season Sunday in Vancouver against the Sacramento Kings.

The positive vibe comes not just as a carry-over from the Raptors' thrilling playoff run, but also in the fact that the club retained its core — starting with Lowry, who signed a multi-year deal in the off-season.

"These guys, they like each other," said GM Masai Ujiri.

"They go out there and play for each other. We're not a selfish team. The young guys continue to grow and the platform continues to be there — I think that's very important for us."

THE CANADIAN PRESS

Al Pacino eludes Dinos' resident movie buff

Part of Patrick Patterson's basketball off-season involved searching for Al Pacino.

Patterson is arguably the Toronto Raptors' biggest big-screen buff, and so he made a point of being back in the city for the Toronto International Film Festival last month.

His rookie TIFF experience wasn't entirely successful however, as his quest to find Pacino failed.

"The No. 1 person I wanted to meet was Al Pacino, so I was pretty disappointed that I didn't get to run into him," Patterson said. "I heard that he was in certain places having coffee so sometimes early in the morning I'd wake up and go over there, but unfortunately didn't run into him."

The Raptors forward said he saw six TIFF films, and was able to meet several actors and directors. THE CANADIAN PRESS

Toronto Argonauts running back Chad Kackert won't be making his return to the Argonauts this weekend against the Edmonton Eskimos.
NATHAN DENETTE/THE CANADIAN PRESS

Easing into it. Kackert returns to Argos' practice

Chad Kackert may be a big-play threat capable of scoring from anywhere on the field but Toronto coach Scott Milanovich plans to ease the star running back into the Argonauts' offence.

Kackert returned to the field Monday, two days after ending his retirement to join Toronto's practice roster.

"It's just feeling it out this week, hopefully get a little bit of contact and see how it reacts," Kackert said.

The 28-year-old retired on the first day of training camp to become the club's strength-and-conditioning coach after suffering a broken left right ankle prior to the 2013 East Division final.

Kackert's return is welcome news for Toronto (4-8) as the team begins a four-game homestand just two points out of first in the East Division behind the Hamilton Tiger-Cats (5-7) and Montreal Alouettes (5-8). The five-foot-eight, 206-pound Kackert was instrumental in the Argos' 2012 championship run, earning MVP honours in their 35-22 Grey Cup win over Calgary.

Milanovich has no timetable for Kackert's return but said it won't happen Saturday when Toronto hosts the Edmonton Eskimos.

"I'm just going to reserve judgement until I see him go through a week of practice and get his feedback as to how he feels," Milanovich said. "If he goes through this week feeling good, then we'll start to evaluate where he's at relative to the other guys. THE CANADIAN PRESS

Losing control?

Harbaugh says rumours are 'a bunch of crap'

Jim Harbaugh has no time for Deion Sanders, Trent Dilfer or others who question whether the fourth-year coach has lost his locker-room or the faith of his players.

In an NFL Network show Sunday, Sanders said of 49ers players: "They want him out. They're not on the same page."

"Personally I think that's a bunch of crap," Harbaugh responded Monday. "People say what they say."

Analyst Dilfer offered Monday on ESPN Radio that, "I do think it's become almost toxic."

Harbaugh is in the fourth season of his original $25-million, five-year contract he signed in January 2011 when he left Stanford to become the 49ers coach.
THE ASSOCIATED PRESS

Bills

Marrone pulls Manuel

Buffalo Bills coach Doug Marrone benched starting quarterback EJ Manuel on Monday, one day after the former first-round draft pick completed less than half his passes and threw two interceptions in a loss to Houston.

Marrone said Kyle Orton will start Sunday's game against the Detroit Lions. The Bills signed Orton on Aug. 30 to back up Manuel.

Manuel was the Bills' first-round draft pick in 2013 and had started 14 games over the past two seasons.

He had a season-low quarterback rating of 59.4 and threw an interception to J.J. Watt that was returned for a momentum-changing touchdown Sunday during the Bills' 23-17 loss.
THE ASSOCIATED PRESS

A's, Royals went all in for this moment

MLB. Marquee starters set to square off in Kansas City with spot in ALDS on the line

Starting pitchers Jon Lester, left, and James Shields were brought onto their respective teams at great cost for situations such as Tuesday night's wild-card playoff game in Kansas City, Mis. LEFT: EZRA SHAW, RIGHT: JAMIE SQUIRE/GETTY

The Kansas City Royals made one of the boldest trades in franchise history two years ago. The Oakland Athletics made a similarly aggressive move just a couple of months ago.

The results of both will be in the spotlight Tuesday night.

For the Royals, it's "Big Game James" — James Shields, the centrepiece of a deal with the Tampa Bay Rays that finally pushed the long-downtrodden franchise into the post-season for the first time in 29 years. For the A's, it's Jon Lester — the post-season star of the Red Sox last season who was acquired by Oakland at the trading deadline just for this moment.

The one-game AL wild-card playoff. The winner advances to face the Los Angeles Angels in the best-of-five division series Thursday. Loser goes home.

"I've only been here for two years," Shields said Monday, "but when I got traded over here, I knew the magnitude of what this organization was headed for. And when I got here, walking around the city and talking to the fans and really relishing the 29 years, it's a special moment."

The teams share plenty of similarities: Pop-gun offences backed by strong starting pitching and two of the dominant bullpens in baseball.

They also share a significant difference: Oakland has plenty of post-season experience, making it three straight years, while Kansas City has languished near the cellar for decades.

That's the biggest reason Royals general manager Dayton Moore got Shields and reliever Wade Davis prior to last season, trading soon-to-be AL Rookie of the Year Wil Myers and pitching prospect Jake Odorizzi to Tampa Bay.

Shields has delivered, pitching to a 2.31 ERA this September, and the Royals have won four of his starts in some high-pressure games.

"If you sit back and look at it, it means everything. It was the trade that got us over the hump," Royals manager Ned Yost said. "Would we be in this situation without James Shields and Wade Davis? No. In my mind, the trade did exactly what we hoped it would do."

A's general manager Billy Beane had been stung by post-season disappointments, and he coveted a horse for high-leverage games.

The move Beane made for Lester on July 31, shipping slugger Yoenis Cespedes to Boston, raised eyebrows around the league. And while the Oakland offence took a hit, Lester has done his part. He is 6-4 with a 2.35 ERA in 11 starts since he arrived in the Bay Area.

Now, he gets another opportunity to pitch in the post-season.

"We have a great opportunity ahead of us," said Lester, who some thought should have been the MVP of last year's World Series, when he went 2-0 with an 0.59 ERA against St. Louis.

Tuesday night will mark Lester's 12th start and 14th post-season appearance.

"We're going to give it the best shot we can and hopefully at the end of the day we're doing this again," he said. "You never know what's going to happen. This could be my last chance." THE ASSOCIATED PRESS

Kansas City's kryptonite?

3-0

Jon Lester went 3-0 with a 2.61 ERA against the Royals this season, winning twice in a span of a couple weeks with Oakland. He also no-hit Kansas City in 2008.

'Special guy.' Blue Jays want Kawasaki to stay for 2015

He may not be the answer to the Blue Jays' problems, but general manager Alex Anthopoulos hopes to have popular Japanese infielder Munenori Kawasaki back next year.

The 33-year-old Kawasaki brings more than a bat and glove to Toronto.

Anthopoulos, at his end-of-season media session Sunday, said all you need to do is watch Kawasaki in the dugout.

"(The) different people he sits beside during the game and the different backgrounds, knowing he can't speak English, just shows you how he can connect to anybody," said Anthopoulos. "It's amazing."

Manager John Gibbons agrees.

"He's a special guy," said the Texan. "That's not what the game is all about, but he's good for our team."

Jays fans love Kawasaki for his quirky mannerisms, from stretching in the field in between plays to bowing to teammates. Despite his limited English, he even won a sponsorship with a local car dealership.

He spent all but three games in April and May with triple-A Buffalo, returning to Toronto in mid-June. In 82 games, he hit .258 with 17 runs batted in. Wearing No. 66, he struck out 49 times in 240 at-bats but prolonged more than a few of those at-bats with his plate coverage, making things difficult for the pitcher.

And he can play anywhere on the left side of the infield.

Asked Sunday if he wants Kawasaki back in 2015, Gibbons said, "I love the guy."

"I don't know what's going to happen with the team, but he'll be playing somewhere. I know that." THE CANADIAN PRESS

Munenori Kawasaki
GETTY IMAGES

The Champions League returns Tuesday and Wednesday with Ronaldo and Messi competing for yet another prize as they simultaneously take aim at the tournament's all-time scoring record. Three of England's four teams seek their first win, and the Spanish and Italian champions clash this week in Europe's top-tier competition. Here are the things to know about this week's group games:

THE ASSOCIATED PRESS

5 European Cup storylines

1 Generational rivals chasing Raul

Ronaldo and Messi are neck-and-neck in a race to become the Champions League's all-time leading scorer by breaking the record held by Raul Gonzalez.

Ronaldo has 68 goals in Europe's top club competition, one more than Messi. The Real Madrid legend Raul scored 71.

Ronaldo may get there first as Real Madrid plays at Bulgaria's Ludogorets in Group B on Wednesday, a day after Messi's Barcelona has a tougher trip to Paris Saint-Germain in Group F.

The pair have divvied up the Ballon d'Or for world's best player for the past six years and have taken turns leading the Champions League in scoring for the past seven seasons.

Lionel Messi and Cristiano Ronaldo are in a race to surpass Raul Gonzalez's Champions League record of 71 goals. DANI POZO/AFP/GETTY IMAGES

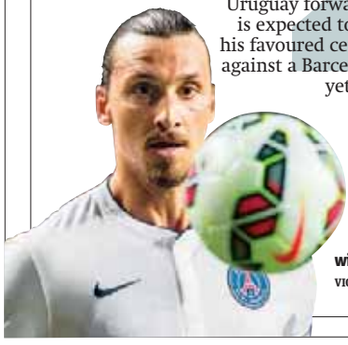
2 Mission impossible without Ibra?

PSG not only has the problem of stopping Messi. It will have to do so without striker Zlatan Ibrahimovic.

When Ibrahimovic has been sidelined, the team has won only 40 per cent of its matches.

"It won't be easy and we know it. We had some difficult games without him last season," said coach Laurent Blanc.

Uruguay forward Edinson Cavani is expected to lead the attack in his favoured centre forward's role against a Barcelona team that has yet to concede a goal.



PSG's Zlatan Ibrahimovic has been ruled out of Tuesday's Champions League match against Barcelona with a left heel injury. VICTOR FRAILE/GETTY IMAGES

3 Injuries not helping sputtering English

Liverpool was the only English team to open Champions League with a win, and barely against Ludogorets. Basel will present a tougher challenge on Wednesday with striker Daniel Sturridge out injured as Liverpool looks to keep pace with Madrid in Group B.

Chelsea's reliance on Diego Costa for goals seemed clear when the striker sat out the 1-1 draw against Schalke in the Group G opener. Ongoing left-thigh problems are likely to force him out of Tuesday's game at Sporting Lisbon.

Manchester City, which dropped its Group E opener against Bayern Munich faces a formidable Roma side Tuesday. And in Group D, Arsenal hosts Galatasaray on Wednesday with both Mikel Arteta and Aaron Ramsey out injured.

At age 34, how much Champions League magic does Liverpool captain Steven Gerrard have left in him? CLIVE BRUNSKILL/GETTY IMAGESPHOTO CREDIT}}

4 Atletico in deep against Juventus

Atletico Madrid was minutes away from winning the European Cup last May before the title slipped away to Real Madrid.

Now after losing this season's opener, the Spanish league champions face a crucial game on Wednesday when Serie A champion Juventus comes to town.

A loss to Juventus, combined with an Olympiakos win at Swedish side Malmo, would leave Atletico six points adrift in Group A.

Atletico will be boosted by the return of coach Diego Simeone to the sidelines after he missed the first game due to suspension.

After returning to action from a broken nose, Mario Mandzukic will be relied upon to give Atletico Madrid a boost in its second Group A match. DANI POZO/AFP/GETTY IMAGES

5 Beginning at Bayern, not too Xabi

Bayern travels to CSKA Moscow on Tuesday in Group E with midfielder Xabi Alonso firmly in control of his new team.

The Spaniard was only signed at the end of the transfer period after several players went down with long-term injuries.

But Alonso stepped right in and has been impressive in directing Bayern's attack.

On Saturday, Alonso set a Bundesliga record by touching the ball 206 times in a 2-0 win at Cologne.

Xabi Alonso has looked at home after his recent move to Bayern Munich from Real Madrid. ALEXANDER NEMENOV/AFP/GETTY IMAGES

MLS. Brazil's Kaka already leads league in earnings

Brazil's Kaka, set to lead Orlando City SC in its 2015 expansion season, has already made his mark atop the Major League Soccer salary chart.

The 32-year-old Brazilian attacking midfielder, currently on loan to Sao Paulo, is making a base salary of $6.6 million US and guaranteed compensation of $7,167,500 in 2014, according to figures released by the MLS Players Union.

Kaka
GETTY IMAGES

MLS top-5 highest paid

- **2.** Clint Dempsey, Seattle **($6,695,188.75)**
  3. Michael Bradley, Toronto **($6,500,000)**
  4. Jermain Defoe, Toronto **($6,180,000)**
  5. Landon Donovan, Los Angeles **($4,583,333.33)**

Kaka signed a 3 1/2-year deal with Orlando this summer.

THE CANADIAN PRESS

NASCAR. Stewart says quitting is not an option

Tony Stewart said Monday he never considered retiring from racing following the death of Kevin Ward Jr.

The three-time NASCAR champion talked with reporters Monday at his first news conference since a grand jury decided last week not to charge him in Ward's death. The 20-year-old driver was struck and killed by Stewart's car during a sprint car race in upstate New York on Aug. 9.

"This is what I've done all my life. This is what I've done for 36 years, and I wouldn't change anything about it," he said. "I love what I do. I love driving race cars, but I think it might change right now as far as how much of it and what I do, but there was never a thought in my head about stopping. That would take the life out of me."

Stewart did not discuss what he remembers about the incident that killed Ward. He has been advised by legal counsel not to discuss it because he still could face a civil lawsuit from Ward's family.

THE ASSOCIATED PRESS

Basketball. LeBron undecided on Team USA

LeBron James doesn't know whether he'll take another shot at Olympic gold.

James said Monday he has not yet decided whether he'll play for Team USA at the 2016 Games in Brazil, where he could win a third straight gold.

Following Cleveland's third training camp practice, James was asked about his plans for the Rio Games following reports that Oklahoma City superstar Kevin Durant has committed to playing for the American team again.

"I'm nowhere near there," James said. "I haven't even thought about it too much. Obviously I know what's going on and what's happening. I haven't decided."

LeBron James
GETTY IMAGES

The 29-year-old James has played on three U.S. Olympic teams. He won a bronze medal in 2004 at the Athens Games before winning golds in 2008 at Beijing and 2012 at London.

THE ASSOCIATED PRESS

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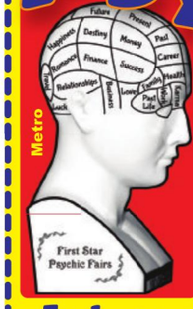

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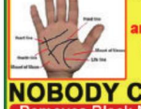

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

♉ Taurus
April 21 - May 21
Make an effort to tackle routine matters today, Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

♊ Gemini
May 22 - June 21
Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

♋ Cancer
June 22 - July 23
You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

♌ Leo
July 24 - Aug. 23
Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

♍ Virgo
Aug. 24 - Sept. 23
A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

♎ Libra
Sept. 24 - Oct. 23
You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

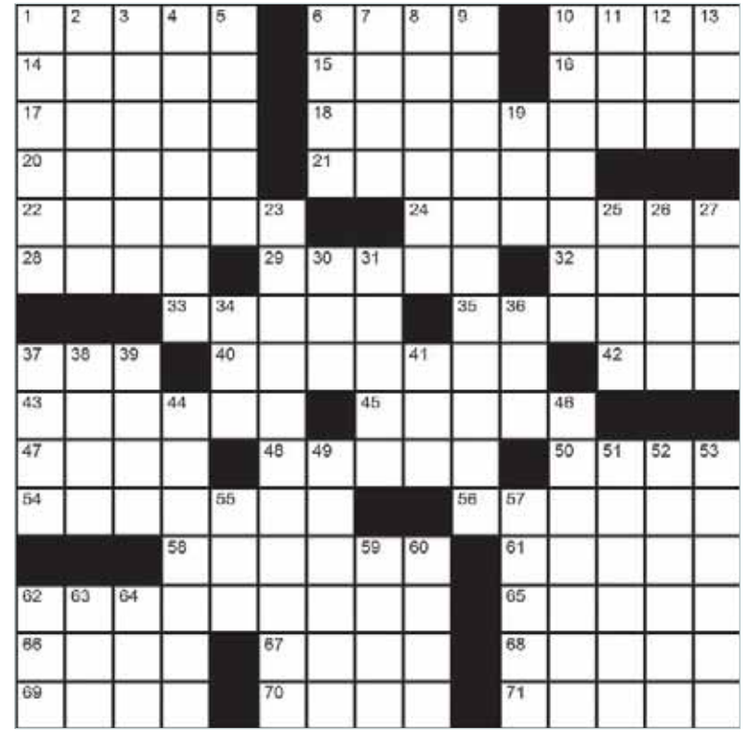
♐ Sagittarius
Nov. 23 - Dec. 21
You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

♑ Capricorn
Dec. 22 - Jan. 20
You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front if you will answer all those deep questions you have.

♒ Aquarius
Jan. 21 - Feb. 19
You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

♓ Pisces
Feb. 20 - March 20
There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

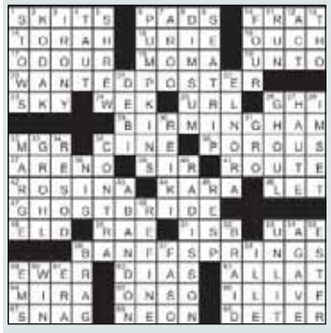
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Allan __, Republic of Doyle star
6. Intertwine
10. Valerie __ (Officer Wendy Sung on Motive)
14. Literature's T.S.
15. One being conned
16. Customer's slip [abbr.]
17. Aware
18. #10-Down's team, Cleveland __
20. Edible seaweed
21. Red Hot Chili Peppers' Anthony
22. Selects a dish
24. Player listings
28. Arboreal dwelling
29. CEO's 'C'
32. 'Chick' suffix
33. 'Murdered' mythologically
35. Canadian journalist Rinaldo
37. Feline
40. Cdn. actor Will's
42. Mad Men creations, briefly
43. As an assembled abode
45. Gleans
47. 'Air'-meaning prefix
48. Eight member group
50. '80s hit: "(I Just) Died in Your __"
54. Tuscany's marble city
56. Vowel-friendly Ontario village
58. Broccoli bloom
61. Perspective
62. Components of Elvis Presley's look
65. Formally boring
66. Jai's court partner
67. Prefix to 'byte'
68. Third canonical hour
69. Hull's 'hundred'
70. Munich mister
71. No __ Salt (Food label info)

Down
1. Way to face a problem: 2 wds.
2. Beauty magazine
3. Handles
4. Gone with the Wind undergarments
5. River rollicker
6. Goo
7. Mr. Morales
8. __ weather warning
9. The Queen, in Canada: 3 wds.
10. Canadian basketball star Thompson
11. Soda cooler
12. Spring month
13. Late-shift times (abbr.)
19. '_' __ for Labrador
23. Where Mike Myers was born; or, Simon & Garfunkel's 'Fair' song
25. Scandinavian story
26. Cdn. actress Fiona
27. Dates
30. Q. "Is there an '_' __ #23-Down's answer?" A. "Yes, it's the last letter."
31. Torpid
34. California baseball team [acronym]
36. Cleopatra's snake
37. Politics channel
38. Nevada's __ 51
39. Yukon, e.g.
41. __ it up (golf)
44. Give up due to a penalty
46. Canonized
49. Sex and the City character
51. Consider
52. Newman/Field's "Absence of __"
53. Finished as Elvis' blue shoes
55. Nite And Day: 1988 hit for ___. Sure!
57. Bob Marley album: '__ Revolution'
59. Mechanical __.
60. Ivan's terrible gig
62. NBA's Kings
63. __-de-France
64. Roseanne hubby

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					1			8
1		6			2	7		
	8						3	6
		1		6				4
			5		7			
5				9		3		
7	9						5	
		5	4			8		3
2			3					

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

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